

REDBOOK

A full-page photograph of Miranda Lambert. She has long, wavy blonde hair and is smiling at the camera. She is wearing a blue short-sleeved top with a scalloped neckline and a sequined detail on the right shoulder, paired with dark blue jeans. She is holding the neck of a guitar with her left hand.

Shortcut to a flat belly

Before & afters
you need to see

EXPOSED!

Husbands
caught on
America's
cheating
website

125
style
steals
under
\$50!

Miranda Lambert

The country
superstar & Blake
Shelton tell their
fiery love story

18
HEALTH
SIGNS TO
NEVER
IGNORE

Erase ten
years from
your face,
naturally

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Free!

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makeover,
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jewelry

p. 42

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42 SALON-INSPIRED SHADES

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dear timid embracers of change,

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yeah, it's small. but so are chili peppers and bikinis. small can pack a serious punch. and after all, it's 2011—laundry detergent doesn't have to be ginormous to deliver beautifully clean clothes. especially when it's a smart, ultra-concentrated and plant-based formula. which we're patenting, by the way.

point is, change doesn't have to be scary. it can even be fun at methodlaundry.com. you fire up the dial-up modem. we'll get you to the other side.

for the love of clean,™

method.



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jcpenny

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Miranda Lambert photographed exclusively for REDBOOK by Gilles Bensimon. Hair: Robert Vetica for Moroccanoil at the magnetagency.com. Makeup: Francesca Tolot for Cloutier Remix/Dior Beauty. Stylist: Tiffany Gifford/tiffanygifford.com. Navy sequined tee: Valentino. Jeans: Paige Premium Denim. Earrings, gold cuff: BaubleBar. Get Miranda's look with makeup by L'Oréal Paris and hair care by Redken. Makeup: L'Oréal Paris Voluminous Million Lashes in Black. True Match Super-Blendable Blush in Precious Peach. Studio Secrets Professional Read-to-Wear Eye Shadow Quad in Lavender Smokes. Hair: Redken Aerate 08 Bodifying Cream-Mousse. Fashion Work 12 Versatile Working Spray.

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5 secrets of our April issue

How is it that I've found an excellent pediatrician, dentist, orthodontist, endocrinologist, and ophthalmologist for my daughters, but I still don't have an ob/gyn for *me*, after months of searching? I kind of know the answer. Women with over-full lives take care of everyone else before looking after their own health. But I'm determined to change my me-last approach—and yours—after editing this special health issue of REDBOOK. We've stocked it with vital updates and compelling stories to inform and motivate you. Need a little extra push? I asked my friends from *The Doctors*, who contribute to REDBOOK every month and answer your questions online at redbookmag.com, how they keep themselves healthy while practicing medicine *and* filming a hit TV show. Plastic surgeon Drew Ordon eats four small meals a day and always gets seven hours of sleep. Pediatrician Jim Sears and ER physician Travis Stork both say they ride a bike everywhere ("I even tow the kiddie trailer full of groceries!" Jim laughs). "If it doesn't go on my calendar, then it doesn't happen," says ob/gyn Lisa Masterson, "so I schedule my exercise and I make it fun by taking lessons. I'm currently doing ballet and tennis." Since I can't have Lisa as my doctor (she's in Los



Drs. Jim Sears, Travis Stork, Drew Ordon, and Lisa Masterson head to work.

Angeles—so annoying!), she'll just have to be my health idol, along with the amazing women on page 100 who changed their lives so their kids would have a fit, energized mom for decades to come. I learned from them that sometimes the best thing you can do for your family is say, "me first."

Jill

Jill Herzig, Editor-in-Chief
Redbooked@hearst.com

SECRET #2

There's no cuteness like a real mom-and-baby shoot.

For our story on the tummy-tuck craze (page 174), we wanted to show how great a new mom can look *without* going under the knife. Happily, Nicole Muirbrook agreed to be our model wearing nothing but a teeny bikini and her 4-month-old son. She looks incredible and had a great time—never mind that Gus peed on her twice!



Check out the tushie!

SECRET #1

MIRANDA LOVES HER A DEVILED EGG

Cover girl Miranda Lambert stuck to her pre-wedding diet at our shoot in Las Vegas—but she *wasn't* happy about it. "I'm a bacon-and-eggs girl!" she told us. That's why the Chef's Market caterers in Nashville included deviled eggs in Miranda's engagement-party menu. They went over big; here's the recipe:

SOUTHERN DEVILED EGGS

- 12 large eggs, hard-boiled and peeled
- 1/2 cup mayonnaise
- 1 1/2 Tbsp sweet relish
- 1 tsp smooth Dijon mustard
- Salt and pepper, to taste
- Paprika, pickles, and pimentos, for garnish
- 2 green onions, julienned on the bias, for garnish



1. Halve eggs lengthwise.
2. Remove yolks and place them in a small bowl.
3. Mash yolks with a fork and stir in

mayonnaise, sweet relish, and mustard. Add salt and pepper to taste.

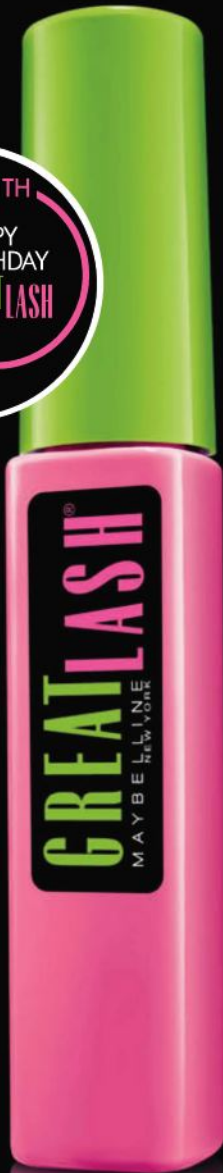
4. Fill egg whites evenly with yolk mixture. Garnish with paprika, pickles, pimentos, and green onions. Store covered in refrigerator.



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SECRET #3

We were all a little freaked out by the story on page 168.



Writer
Lisa
Taddeo

It's about AshleyMadison.com, the website where millions of married men and women—but mostly men—go to solicit an easy affair. I'll be honest: I had been afraid to even look at the site until we did the deep dive into it for our report. The journalist in me wanted to check it out, but the wife in me tried to pretend it simply didn't exist. Writer Lisa Taddeo, above, was much braver and went

undercover to meet husbands on the site and ask them what the hell they were doing there. The result was a disturbing story with an oddly comforting takeaway: There's no way a woman can prevent her husband from cheating; all you can do is be honest and strive to create newness in your relationship—not to keep him faithful, but to keep *yourself* happy.



SECRET #4

Celebs are old-school. At least when it comes to their kids. Every month, entertainment editor Lori Berger (above) runs the tape recorder—and laughs—while a celeb is interviewed by his or her kid(s) for "My Biggest Fan" (page 134). Along the way, she's learned that L.L. Cool J expects all A's, Kim Raver bans soda, and *Cougar Town*'s Christa Miller has her kids refer to adults as "Mr." and "Ms." "Immediately I knew that Christa had instilled good manners in her three kids," Lori says. "But I loved it when Henry, the 4-year-old, started calling me 'Ms. Berger-dude!'"

SECRET #5

WE REALLY CAN'T STOP EATING THIS STUFF

The entire REDBOOK staff taste-tests new snacks to find the healthy and yummy winners we feature on "100% Good for You" (page 202). It's a nice job perk—but it also means we have to do the "Better-Than-Nothing Workout" on page 96. Several times a day.



So. Much. Goodness.



WIN A HOUSE!

I know, we couldn't believe it either! But for the fourth time, HGTV is giving away a Green Home, and this year REDBOOK is a part of it. Enter for a chance to win this eco-friendly, modern prairie-style home near Denver at hgtv.com/greenhome.

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APRIL'S CLICK LIST

What's he *really* thinking about?

● redbookmag.com/hismindonsex



We got more than 20 guys to tell us—honestly—what goes through their mind during sex, kisses, date night, and more. Their answers are guaranteed to make you feel hotter when you hop in bed with *your* man.

Quick and delish brunch recipes

● redbookmag.com/brunchideas



Forget waiting for a table at your favorite café. Instead, make a crazy-good brunch at home... in your pajamas. Here, eight recipes that will start your weekend off right. (Just make the kids clean up!)

It's raining. Don't panic.

● redbookmag.com/rainyday



Oh, look, another April shower (cue sad music). Save yourself from a *Mom-we're-so-bored* afternoon by keeping the kids busy with these 10 great indoor activities.

tweet!
tweet!



The weather's warming up—are you? Share your spring shape-up goals and fitness tips at twitter.com/redbookmag or facebook.com/redbook.

WIN FLIP-FLOPS THAT... FLIP!

Your beachy shoes can go straight out to dinner and drinks if they're FlipOut sandals. The tops swap out, so you can wear 'em with a cover-up and then turn them into fancier thongs come happy hour. We're giving away a pair every day this month; win yours at redbookmag.com.



REDBOOK'S HOT HUSBAND OF THE MONTH

Name: Michael Trent, 28, Grass Lake, MI

Job: MBA student

Family: Married 5 years; father to Noah, 4, and Eli, 2

Michael and his wife, Jody, 28, could have been high school sweethearts: Michael had a major crush on her when they met as teenagers. But Jody had a boyfriend through college. "I was always fond of Mike, though," she says, "and every time we ran into each other at a party, we'd end up talking." After their first date, Michael wrote Jody a letter (no, not an email—extra points, Mike) telling her how he felt about her. They got serious, and a year and a half later, Michael proposed at a movie theater with JODY, WILL YOU MARRY ME? on the marquee. Now, Michael juggles going to business school full-time with being a husband and a dad—something Jody says he's awesome at. "He saves a ton of energy for our boys," she says. "He plays his guitar, and they dance around. It's sweet." Plus, he's that rare man who knows how to get the kids out the door in one piece: "The other day I woke up, and he had them dressed, fed, and packed up. He makes life so much easier!"

Married to a Hot Husband? Tell us all about him at redbookmag/hothusband—and enter to win our America's Hottest Husband contest.

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This month's
STAFF CHALLENGE:
to practice meat-free
Mondays! Find
eco-motivation and
delicious vegetarian
recipes on page 187.

REDBOOK

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"For dinner
one Monday, I
made a yummy
use-up-the-
leftovers pasta
dish. I loaded
it with veggies
and it was so
hearty that I
didn't miss
the meat for a
minute." —HOLLY

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"I live with a
meat-and-
potatoes kind
of guy, and
my spaghetti-
squash dinner
didn't cut it. He
made some
beef Ramen
afterward.
Sorry, honey!"
—ROSALIZ

"After having
that Spanish
omelette on
page 188 for
dinner, I'm
going to make
an effort to do
this weekly
from now
on—it was
delicious!"
—NICOLE

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—AMY

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No purchase necessary to enter or win. Reader Feedback Sweepstakes. Sponsored by Hearst Communications, Inc. Beginning January 1, 2011, at 12:01 a.m. ET through December 31, 2011, at 11:59 p.m. ET go to survey.redbookmag.com and complete and submit the entry form pursuant to the onscreen instructions. One (1) grand-prize winner will receive a \$5,000 American Express gift card, one (1) second-place winner will receive a \$500 American Express gift card, and ten (10) runner-up winners will receive a \$100 American Express gift card. Odds of winning depend on the number of eligible entries received. Must be a legal resident of the 50 United States and D.C., Puerto Rico, or Canada who has reached the age of majority in his or her state, territory, or province of residence at time of entry. Void in the Province of Quebec and where prohibited by law. Sweepstakes subject to complete official rules available at survey.redbookmag.com.

REPLY ALL

THE GIADA DEBATE

Our Giada De Laurentiis article ignited discussions on TV, online, and among REDBOOK readers.

In her February cover story, Giada told us, "It can be hard for any man to be upstaged by his wife. When I'm home, I work hard to be Todd's wife and Jade's mother. I have no problem going back to those traditional roles." That got people buzzing—from *The Joy Behar Show* to gossip blogs—about how "traditional" a wife should or

shouldn't be for her guy. Here's what our Facebook fans had to say:

► I worked until five years ago, and now I fill that traditional role. Working inside the home instead of out doesn't make me feel any less valued or important. —*Diana Kamrowski Schlafer*

► We're equal in my household. We're both



intelligent adults who need to do our fair share. —*Viki Hoover*

► Our housekeeping, cooking, and child care depend on our skills and who's working more. No matter the situation, we try to make a rational decision. Tradition doesn't have much to do with it. —*Melanie Bearse Mallon*

ACK! BUGS IN MY BED!

Your article "Bedbug Nation" [February] couldn't have come at a better time. One day, I woke up with tiny bites all over me. That same morning, my first issue of REDBOOK arrived, and with it was the most comprehensive, honest, educational, and valuable article on those horrible critters. Thank you for teaching me everything I need to know about bedbugs. —*MARGE [LAST NAME WITHHELD], Gallitzin, PA*

STYLE NOTES

I was thrilled to see that Shannon Shultz ["His Kind of Fashion Story," February] wasn't airbrushed in order to hide her tiny remnant of a baby bump from having her twins. She looked great, and when I showed my husband, he said, "What stomach?" It was just a funny reminder of how we critique ourselves so much but our husbands think we look great no matter what. —*LISA G., Bethlehem, PA*

I take offense to "His Kind of Fashion Story," as I'm sitting in my college sweatshirt and pajama pants. The average working mom is picking up your magazine for an escape from our hectic daily responsibilities. We don't have \$158 to spend on a "sweatshirt" that we throw on to do chores. In this day of dollar-conscious family budgets, those price tags were outrageous!

—*MONIQUA WORTHING, Ripon, WI*



Fair enough!
This one's only \$25



Converse One Star, \$24.99; target.com.

Write to us! At redbook@hearst.com, or Redbook Mail, 300 W. 57th St., New York, NY 10019. Letters may be edited for clarity and length.

Olay

TOTAL effects

dark circle minimizing
eye brush

Sweep

dab dab dab
smear
smudge dot dot

Why pile on the products when you can
SIMPLY SWEEP DARK CIRCLES AWAY?

©2011 P&G

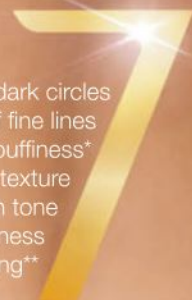
NEW OLAY TOTAL EFFECTS DARK CIRCLE MINIMIZING EYE BRUSH

A sweep of color helps conceal dark circles. 7 anti-aging therapies reveal beautiful skin. So challenge all that dabbing and dotting, smudging and smearing. For **YOUNGER-LOOKING EYES**, it's a clean sweep.

*Massage reduces excess under-eye fluid. **With plumping hydration.

OLAY. CHALLENGE WHAT'S POSSIBLE.™

the look of dark circles
the look of fine lines
the look of puffiness*
uneven texture
uneven tone
dryness
firming**



Role mother.

To strengthen my modern family, I follow my mama's example. She always set our table with milk and I do the same. Milk's got nutrients like protein and potassium that are important to pass on. Like mother like daughter.

got milk?[®]

whymilk.com/sofiavergara



WE'LL NEVER TELL...

Do you **lie**
about your age?



say **NO.**

"I'm 49, and I love that I've made
it this far!" —RONA BERRY-MORIN,
NORTH LAS VEGAS, NV



say **YES!**

"I say, once you hit 40, you must go backward.
So now I'm 38!" —DEBBIE FERGUSON, MARTINEZ, GA

SPILL VENT GOSSIP GO!

EVERYTHING
YOU CAN'T STOP
TALKING ABOUT
RIGHT NOW

BABY BUBBLEWRAP!

CHILD SAFETY GEAR: SMART OR CRAZY?



Thudguard helmets **79% CRAZY**

"This is so silly!"
—JESSICA CALIMER,
WAYNESBORO, PA

53% CRAZY

Kid Keeper
safety harness

"I would never put my son on a
leash. He's not the family pet."
—J. MCALLISTER, GRAND FALLS,
NEW BRUNSWICK, CANADA



Glories hand
protectors **79% CRAZY**

"Three words: Wash your
hands! It's that simple."
—SONJA H., DOWNERS GROVE, IL

As tax refunds start rolling in, **57 percent** of
you say you'll use it as an excuse to

SPEND.

(The other **43 percent** will save it. Go, thrifty girls!)

MOMMY & ME

WHICH CELEB MOM-TO-BE WOULD YOU
MOST LIKE TO HAVE IN YOUR **PLAYGROUP?**



Kate Hudson



Pink



Natalie
Portman



Ivanka
Trump



Victoria Beckham

19%

17%

51%

7%

6%

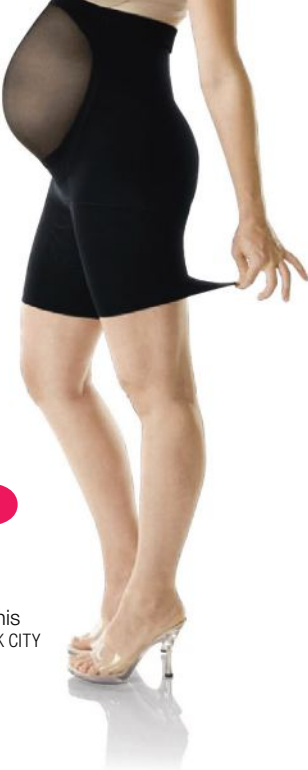
They call me
Mum Spice.

CANDLES: JANA LEON/GETTY IMAGES. CAKE: RUBBERBALL/NICOLE HILL/GETTY IMAGES. SAFETY PRODUCTS: COURTESY OF MANUFACTURERS.
CELEBS: FROM LEFT: JACKSON LEE/SPLASH NEWS, JASON MERRITT/GETTY IMAGES, FILMMAGIC/GETTY IMAGES (2), JOHN SHEARER/GETTY IMAGES.

**WOULD YOU
WEAR A BODY
SHAPER
DURING
PREGNANCY?**

81%
said NO WAY!

"Pregnancy can already be uncomfortable—this just sounds *awful*." —EVA KIRSHENBLATT, NEW YORK CITY



**WOW, THAT WAS
EMBARRASSING!**

PEEP SHOW

"I was out running errands and needed to breast-feed my son. When he finished eating, I pulled my bra's nursing flap over my breast without bothering to fasten it, closed my shirt, and picked him up to carry him to the car. It was extremely windy, and as I walked along I noticed that people were smiling at me oddly. I looked down, and the wind had blown my shirt and bra wide open, so my breast had been showing for blocks!"

—L.H., LETHBRIDGE, ALBERTA, CANADA

**NOT-SO-WARM
WELCOME**

"My sister and I were in Edinburgh and had the address of a nice-sounding B&B. When the cab dropped us at a home in a very residential area, we knocked, and a man ushered us in and walked away. We stood there awkwardly for a few minutes, looking for a place to "check in." Finally, another man appeared at the top of the stairs and asked us who we were and what we were doing in his home. We were *not* at an inn—it was just a random house!"

SLIP OF THE TONGUE

"I started at my current job, in an office with an open layout, as an intern. My first task was to make phone calls to media outlets. During one conversation with a woman at Cox Communications, I wanted to make sure I had the spelling correct, so without thinking, I asked, 'It's Jennifer at C-O-C-K-S dot com?' She didn't hear me, so I repeated myself louder. That's when everyone in the office started laughing. The next day, my desk was covered with Cox Communications brochures and folders, just to rub in the embarrassment. They'll never let me forget it."

—B.C., WEST SPRINGFIELD, MA

GO AWAY

STARS OF PAGE AND SCREEN

Which upcoming book-to-movie adaptation are you most excited about?



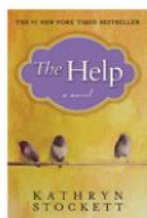
Breaking Dawn

46%



Water for Elephants

35%



The Help

14%



One Day

5%

HURTS SO GOOD

John Mellencamp and Meg Ryan stepped out publicly together a week *before* the rocker announced his split from Elaine Irwin, his wife of 18 years.

**IS THAT TOO SOON
TO MOVE ON?**

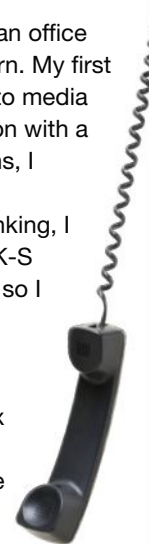
Elaine
who?

81%

Yes—you need time to heal!

19%

There's no point in wasting time.





NEW
LOWER
PRICE

AKURUM/LIDINGÖ kitchen
Starting at

\$1699*

last year's price \$1899
Based on 10'x10' kitchen.

Made by the Petersens Designed by IKEA®

The Petersens built their dream kitchen when Emily moved away to college. Designed with custom quartz countertops and integrated appliances, it switches easily from prep station to center stage for gourmet get-togethers. And while it's perfect for them, they're more delighted it inspired Emily to make her first dinner in family history. Create your dream kitchen at IKEA-USA.com/kitchen

AKURUM/LIDINGÖ kitchen \$4340 as shown Last year's price \$4430 as shown White painted finish doors and drawer fronts. Requires assembly and installation. *The total price includes cabinets, fronts, interior shelving, drawer and door dampers, hinges, toe-kicks, legs, visible moldings and panels. Countertop, sink, faucet, handles and knobs, appliances and lighting are sold separately. See IKEA store or IKEA-USA.com for limited warranty details. Valid in US stores. See IKEA store for country of origin information and 10'x10' kitchen layout details.



The Life Improvement Store™

REDBOOKMAG.COM READERS SAY:

21% ARE FRIENDS *with their* **BOSS** *on*

FACEBOOK

64%

of you use the site to connect with your kids (which we're sure they're *thrilled* about).



VANITY INDEX

President Obama raised eyebrows when his hair seemed to change from salt-and-pepper to its original brown/black.

SHOULD MEN DYE THEIR HAIR?

No way—I love silver foxes.

49%

Absolutely! I do it too!

16%

Whatever he wants is fine with me.

35%

MOMMY BLOGGER FACE-OFF

SHOULD PARENTS PUT THEIR CHILDREN ON DIETS?

✓ **YES**

Do it for your kids' health

"Childhood obesity is an epidemic. We're living in a society that has children suffering from 'adult' health problems, such as diabetes and heart disease—all stemming from their weight. If making changes to a child's eating habits can prevent this, isn't that worthwhile?"

When my daughter's weight started creeping up, I made her portion sizes smaller and encouraged her to join me in Wii dance games to get her moving. Now her weight is back in the healthy range. I don't believe we should have kids 'dieting' by drinking shakes and counting calories, but a child's health is a parent's responsibility. It's not about 'fat' or 'skinny'—it's about creating good habits that will last a lifetime."

—CARMEN STACIER, CHIEF MOM AT DIETSIINREVIEW.COM AND MOMTOTHESCREAMINGMASSSES.COM

✓ **NO**

Dieting destroys their relationship with food

"I know women who have become obese or anorexic because of issues that started with 'innocent' childhood dieting. I want my kids to have a healthy relationship with food, and introducing them to dietary restrictions when they're young would do the opposite. Kids already feel so much pressure from their friends to look and act a certain way, and they can be cruel to those who don't fit in. So it's even more important for a child's home to be a safe haven where there's no judging or expectation to fit a certain body image. Children's bodies will go through phases as they gain and lose weight during growth spurts and puberty. Regardless of shape and size, parents need to let kids know that they're wonderful exactly as they are."

—LIZ NORD OF SECRETSOFMOMS.COM



There's more than one way
to protect your color. Literally.

TRY Pantene. Color Preserve Shine collection.* You invested a lot in your hair color. So Pantene gives you dual protection. Our custom-designed pro-vitamin system helps in 2 ways—preventing fade and protecting from damage. For shining color that's beautiful in a million ways.

*Color Preserve Shine Shampoo & Conditioner and Color Nourishing Treatment.



PANTENE 
HEALTHY MAKES IT HAPPEN

Find your solutions at pantene.com

TRUE HAIR STORIES

Getting to the Root of Your Unique Hair

Fabulous, healthy hair begins with understanding your hair's unique structure. Thankfully, Pantene's 4 customized collections—**Fine, Medium-Thick, Curly, and Color-Treated**—get to the root of your hair's special needs. Read on for true *Redbook* reader results, plus healthy-hair tips from **Pantene Celebrity Stylist Danilo**.

COLOR-TREATED

Covering pesky grays or channeling your inner blonde? Then you know that color-treated hair can lose its luster over time. "If you color your hair, that should be your number one priority when choosing hair products," advises Danilo. "**Pantene Pro-V's Color Hair Solutions Color Preserve Shine System** provides damage protection and helps restore brilliance." See what one *Redbook* reader said.

"Shine was promised, and this line delivered!"

—*Redbook* Reader



DANILO'S STYLE TIP: Give your color-treated hair some extra TLC once a week with **Pantene Pro-V's Color Nourishing Treatment** for intense moisturizing.

MEDIUM-THICK

When the humidity index goes up, are you running for cover? It's no surprise, as thick hair absorbs up to 40% more moisture than fine, making it fall victim to frizz. "Lock out humidity with **Pantene Pro-V's Medium-Thick Hair Solutions Frizzy to Smooth System**** to create a silky and smooth finish," says Danilo. See what one *Redbook* reader experienced.

"I liked how smooth it made my hair. My hair was easy to blow straight using the smoothing anti-frizz serum." —*Redbook* Reader



DANILO'S STYLE TIP: For long-lasting frizz control, apply a small amount of **Pantene Pro-V's Medium-Thick Hair Solutions Straighten & Smooth Crème** to wet or damp hair.





FINE

Does the daily four o'clock flop have you down? You're not alone. "Fine hair is highly flexible and can have difficulty holding a style," explains Danilo. **Pantene Pro-V's Fine Hair Solutions Flat to Volume System***** helps restore shine and gives you the weightless volume you crave!" See what one *Redbook* reader said.

DANILO'S STYLE TIP: Volume starts at the root, so give your hair a hand with **Pantene Pro-V Root Lifter Spray Gel** to achieve shine and long-lasting volume!

"What I like best is the fact that I truly have lasting lift and increased volume. It really works!"

—*Redbook* Reader

90% of **REDBOOK SUBSCRIBERS** who participated in a product test of the **CURLY** and **COLOR** solutions said they would recommend the Pantene collection they tried to a friend.*



CURLY

The twists and turns of curly hair can make it hard to tame. "It tends to be drier, so I recommend **Pantene Pro-V's Curly Hair Series Dry to Moisturized System** to both define curls and control frizz," says Danilo. See what one *Redbook* reader who tried this shampoo and conditioner with the Deep Moisturizing Treatment and Curl Shaping Gel said.

DANILO'S STYLE TIP: Curly hair tends to receive lots of heat from styling tools, so help protect hair with **Pantene Pro-V's Heat Protection & Shine Spray**.

"The curl control, curl endurance, and curl definition were all superb!" —*Redbook* Reader



KNOW THE HAIR YOU HAVE. GET THE HAIR YOU WANT.

Discover your unique hair structure and the customized solutions designed to work with it at **Pantene.com/ProductFinder**.

*At P&G's request, *Redbook* and Pantene collaborated to conduct a research study among 712 *Redbook* opt-in subscribers who received free product for a 1-day trial of the Pantene Curly Hair Series Dry to Moisturized Shampoo & Conditioner, Curl Shaping Gel, and Deep Moisturizing Treatment or Pantene Color Hair Solutions Color Preserve Shine Shampoo & Conditioner, and Color Nourishing Treatment. Number signifies those agreeing or strongly agreeing with statements about the Pantene system they tested. **Frizzy to Smooth Shampoo and Conditioner, Straighten & Smooth Crème, and Anti-Humidity Hairspray. ***Flat to Volume Shampoo and Conditioner, Root Lifter Spray Gel, and Lasting Volume Hairspray.

Note: Women featured are professional models.





50

UNDER \$50

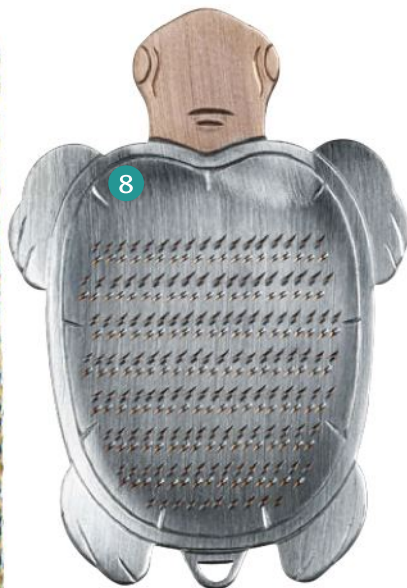
MONEY MAY NOT BUY YOU
HAPPINESS, BUT THESE
COOL FINDS—including
20 UNDER \$20—ARE SURE TO
MAKE YOU **SMILE** PRETTY.



1 A high-style, Gwyneth-worthy carryall at a Snooki-before-she-made-it price. Neutral Territory satchel, \$49; shop4sparkles.com. 2 This graphic pixelated print is nerd chic at its absolute prettiest. Pixel 23-inch pillow, \$44.95; cb2.com. 3 Slipping on this ring feels a little like playing dress-up—and that's a good thing. Ring, \$26; springstreetdesign.com. 4 Go back to a simpler, cozier time when everyone didn't check the date on their computer screen. Blockbuster wooden calendar, \$39; napastyle.com. 5 Three gorgeous ways to brighten up your face (and, hey, your mood too). Maybelline New York Color Sensational Lipcolor in Red Revolution, Fuchsia Fever, and Ruby Star, \$7.49 each; drugstores. 6 Your new go-to thing to wear when you have a thing to go to and not a thing to wear. Dress, \$48.90; windsorstore.com.

Photographed by Greg Marino

50
UNDER \$50



DUTY-FREE SHOPPING IS GOOD; GUILT-FREE IS BETTER!



7 This breezy, island-y clutch says “my other car is a yacht.” Mission clutch, \$45; bigbuddha.com. 8 A turtle your kids can use to help with dinner... that’s *our* kind of pet. Grater, \$35; cooperhewittshop.org. 9 Done! Meet your all-summer-long satchel. Tie-dye bag, \$22.50; oldnavy.com. 10 Take a (cheap) seat with this pretty accent piece. Malte bar stool, \$39.99; ikea.com. 11 Elegant, fun, and rich-looking: all you could want in a ring—or a man! Turquoise ring, \$48; allisondanielsdesigns.com. 12 Have a Bianca Jagger moment in a '70s-glam cuff. Curations With Stefani Greenfield cuff, \$49.95; hsn.com. 13 Kill baggage claim suspense with this cheeky tag. Tag by Graphic Image for Cambria Cove, \$25; cambriacove.com. 14 The coolest, most low-key way to wrap your wrist in gold. Bracelet, \$35; lalucca.com. 15 Caramel-coated honeysuckle sounds like a *Top Chef* dish gone wrong—but it smells *heavenly*. Fresh eau de parfum in Brown Sugar, \$32; fresh.com.

GRATER: COURTESY OF MANUFACTURER.



Sally Hansen®

NEW!

Plug In,
Wax On,
Peel Off.

simple spa™
WAX WARMER KIT

Sally knows you want to remove the hair and the hassle. This innovative waxing kit brings the spa experience home. Discreetly sized, the warmer heats and maintains the wax at the perfect temperature. Just apply wax directly and peel off. No more running to the microwave – just wax and relax.

- No strips needed ✓
- Smoothness up to 8 weeks ✓
- Perfect for body and face ✓
- Wax refill available ✓

Beauty that Works



Sally Knows Smooth
For more go to sallyhansen.com

50
UNDER \$50

*Under
\$25!*



PRETTY STUFF AT (YES, IT'S POSSIBLE) PRETTIER PRICES!

16 Decorate your arm with some Art Deco. Arabia bracelet, \$40; foxyoriginals.com. 17 Your favorite chambray shirt, in dress form. (Ah, there goes the incentive to wear anything else all weekend.) Merona for Target dress, \$24.99; target.com. 18 An adorable, beatnik-y bag to stash your life in. Bag, \$32; amiciaccessories.com. 19 Flip from mom to Maverick with these aviators. Curations With Stefani Greenfield sunglasses; \$49.90; hsn.com. 20 Bon voyage! Glance in this as you walk out the door and even a trip to the dump will feel swankier. Nautical rope 16-inch mirror, \$49.95; llbean.com. 21 Insanely flattering makeup hues—this, plus gloss, and you're set. Milly for Clinique Pretty in Prints Perfect Palette, \$36; clinique.com. 22 Great earrings aren't just for Saturday night. It's Monday a.m. and you're gonna be on time for work—yep, special occasion. Encore earrings, \$38; robertachiarella.com. 23 You work hard for the money; have something fun to look at while you spend it. Wallet, \$25; accessorize.com.

MIRROR: COURTESY OF MANUFACTURER.



Sally Hansen®

NEW!

Put The Treat In Treatment

Manicure & Pedicure SALON ESSENTIALS

Sally knows how to get a
salon mani-pedi at home.

Now this collection of hand and foot
treatments, with scientifically advanced
formulas, delivers beautiful results
you can see and feel.

Specialized hand cremes deliver 24
hour moisturizing care. Exclusive foot
treatments pamper as they perfect.
So go ahead and treat yourself, it's easy.

Available in the Sally Hansen section.

Beauty that Works



50
UNDER \$50

*Your
new fave
polish,
\$2!*



24



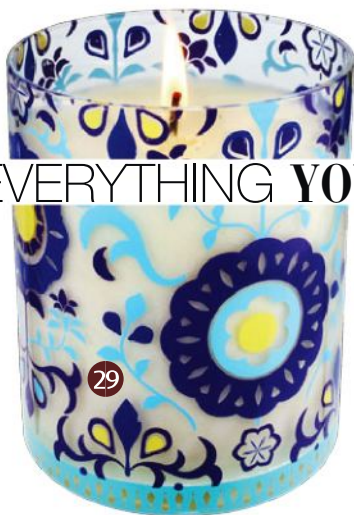
30



25



26



29



27



28

EVERYTHING YOU NEED TO LOOK SPRINGY AND CHIC 24/7

24 OMG: This polish dries so quickly, you'll barely have to take a break from texting :). Wet n Wild fast-dry nail color in How I Met Your Magenta, \$1.99; drugstores. 25 This top, pretty much anything on bottom, and whoops! You've just blown everyone out of the room. Top, \$24.90; windsorstore.com. 26 Not just a supercute necklace: It's a big, pretty cluster of charms to play with when the budget meeting threatens to kill you with boredom. Necklace, \$48; bodenusa.com. 27 Warning: You may be overwhelmed by a desire to splash in puddles. Chooka Signature rain boots, \$49.99; dllrainwear.com. 28 A little gold dust for your poor, tired, well-deserving feet. Esparaza flats, \$29.99; callitspring.com. 29 Gorgeous, and a total room-upgrader (eau de wet dog, begone!). Illume Island Orchid Boho jar candle, \$28; illumecandles.com. 30 Add this ring to the usual tee and jeans—so money. Ring, \$48, anntaylor.com.

A woman with long, dark, wavy hair is posing against a deep red background with a subtle floral damask pattern. She is wearing a black Vassarette bra with a lace-trimmed center and a black high-cut brief. She has her left hand on her hip and is looking towards the camera with a slight smile.

FORM A
LOVE-LOVE
RELATIONSHIP
WITH
YOUR FIGURE.

*The supportive, smoothing
Full Figure Side Shaper Underwire bra and
Undershapers® Smoothing and Shaping hi-cut brief.
Comfortably priced at retailers nationwide.*

VASSARETTE®
vassarette.com

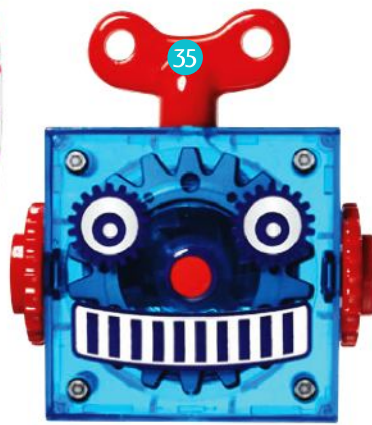
20

UNDER \$20

EVERYONE WILL THINK YOU HIT THE JACKPOT.



Kaleidoscopic coasters!



31 Tilt it low over one eye to up the jaunty factor. Fedora, \$6.90; Walmart. 32 This adorable dress is \$16. Yes, you read that right. \$16. Susie Rose dress, \$16 (there, we said it again!); walmart.com. 33 A belt that ties with a pretty bow: Your plainest black dress will thank you. Belt, \$5.50; charlotterusse.com. 34 Mom was right, you must own coasters, but nobody said they have to be boring. (These spin!) Moiré coasters, \$9.95 for 4; mcchicagostore.org. 35 We guarantee that, with this, measuring stuff will become family fun. Robot tape measure, \$7; pylones-usa.com. 36 Grooming on the go will be easier—and waaaay cuter—with this tiny tweezer. Tweezerman Hot for Dots mini slant tweezer, \$15; tweezerman.com. 37 What is it about a sweetly printed zip-top plastic bag that's like catnip for moms? We dunno, but we're all hoarding these.... Disposable bags, \$7.49 for 12; tilibags.com. 38 Works out muscle kinks while you wash—nice! Olay Purely Pristine Body Bar with massaging design, \$3.99 for 2; drugstores. 39 Like the loveliest, most upscale wrist corsage on the planet. Stephania bracelet, \$14; shophelook.net.

WAIT, THIS **AWESOME STUFF** AT THESE PRICES? YOU HAVE!



40 Here's your cocktail ring; now find a cocktail. Ring, \$9.50; Old Navy. 41 Upgrade your flip-flop wardrobe. Sandals, \$16; sanuk.com. 42 A gloss that packs a powerful lip-softening punch. SOS Sheer Organic Shine, \$6.95; kissmyface.com. 43 Run around in a field of wildflowers without all the sneezing. Merona for Target cardigan, \$19.99; target.com. 44 It's never too early for kids to learn to share. Especially when Mommy covets their ultra-soothing lotion. Lavanila the Healthy Baby Butter, \$14; lavanila.com. 45 Dress up the "hers" side of the sink. Yngaren perfume bottles, \$12.99 for 3; ikea.com. 46 A little dash of animal print makes any outfit hotter. Belt, \$7; amclubwear.com. 47 This birdie votive holder just made us smile (and isn't that reason enough?). Canary candleholder, \$7.95; cb2.com. 48 A beautifully smudgy liner that doubles as sheer shadow. Weekender eye pencil in Classic Navy, \$14; marykay.com. 49 Turns your living room into summer party central. Paper lantern, \$19; pbteen.com. 50 Sure, this bracelet's a little kooky (check out the parrot charm!), but aren't we all? Charm bracelet, \$18; accessorize.com.

A photograph of three people standing in front of a large, stylized blue 'Alli' logo. On the left is a woman with brown hair and bangs, wearing a yellow sweater and a white patterned scarf. In the center is a man with a shaved head and a goatee, wearing a grey zip-up sweater over a red shirt. On the right is a woman with brown hair, wearing a maroon sweater and a necklace. They are all smiling at the camera.

All I Can cook
that's delicioso.

—Vienna A.
Orlando, FL

All I Can do to
defy the odds.

—Mike B.
McHenry, IL

In clinical studies, alli users lost 5 to 10 pounds in 6 months.

*alli plus a reduced-calorie low-fat diet. Use as directed. The information featured on this spread was submitted by the individuals and has not been independently validated by GlaxoSmithKline. Those featured are provided alli product, retail value of \$180, and alli behavioral support as part of their participation in this program. If pregnant or breastfeeding, do not take alli. alli is for overweight adults. Read and follow the alli label. Results may vary. alli is safe when used as directed. ©2011 GlaxoSmithKline

Get ready for everything you can do to lose weight, not what you can't

You **can** boost weight loss by blocking about 25% of the fat you eat. So, for every two pounds you work to lose, alli® **can** help you lose one more.*

You **can** access customized support 24/7 with myalliplan and find delicious recipes, filling meal plans and real-life weight-loss advice.

They lost weight with alli, you can too.

Available at
Walmart 
Save money. Live better.

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—Cassandra P.
Walmart Pharmacy Technician,
Chattanooga, TN

All I Can lose
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Free stuff!
Plus the chance to win \$250,000
(SEE DETAILS BELOW)

YOU, THE BEACH, AND TOTAL RELAXATION

1 reader will win a 3-night trip for 2 to Club Med Punta Cana in the Dominican Republic—with meals, drinks, activities, and airfare vouchers included! Total retail value, \$3,000.

Goodies for you, a **home makeover**, and an amazing tropical getaway! Enter to win at redbookmag.com/freebies.



SO GREEN, SO CHIC

6 readers will each win an Eco-Fabulous bag from A Lot to Say, which includes an oversize canvas tote bag, greeting cards, a chiffon scarf, an umbrella, a pillowcase, undies, and an iPad case—all made of recycled materials. Value of set, \$250.



MAKE OVER YOUR SPACE

1 reader will win a room makeover—including paint job, new floors, and a consult from interior designer Shannon Kaye—from CertaPro Painters and Floor Coverings International. Total retail value, \$2,000.



YOUR OWN AT-HOME GYM!

1 reader will win a Livestrong Fitness 13.0E elliptical trainer from livestrongfitness.com. Total retail value, \$2,100.

PERSONALIZED SPARKLE

6 readers will each win a Signature Initial Dog Tag necklace, featuring a 14K-gold chain and sterling-silver charms with 22K-gold lettering, from isabellegracejewelry.com. Value of each, \$280.



SWEET TREATS FOR YOUR SKIN

15 readers will each win a set from cakebeauty.com, including Cake Beauty Sweet Cheeks Sinfully Smoothing brown-sugar scrub, Better Bod Rub moisturizer, Milk Made Velveteen hand cream, hand and cuticle buffer, and a Cake Kiss lip butter. Value of set, \$100.



LUGGAGE—THE JET-SET KIND

2 readers will each win an Isabella Fiore luggage set from Trunk & Trolley LLC, which includes a 17-inch upright wheeled suitcase, a wheeled duffel, and a computer tote. Value of set, \$1,085.

Even better: You could win \$250,000 in cold, hard cash! For your chance, enter at win250k.redbookmag.com. See page 211 for details.



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those lines
goodbye!™

Ask your doctor about
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JUVÉDERM[®] smoothes out those parentheses lines along the sides of your nose and mouth—instantly. Go to Juvederm.com to find out more about JUVÉDERM[®], the #1 selling dermal filler in the U.S.**

Individual results may vary. 1 877-FILLER MD (877-345-5376). JUVÉDERM[®] is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds). Side effects, usually mild to moderate, include temporary injection site reactions such as redness, pain, firmness, swelling, or bumps.

Please see important treatment considerations on reverse side. By prescription only.

*With optimal treatment. **January 2009 through April 2010; Data on file, Allergan, Inc.; US Facial Injectables Market Share Report; GuidePoint Global Filler Share Tracker.

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Important Treatment Considerations

A Brief Description of Indications for Use, Contraindications, Warnings, Precautions, and Adverse Events for JUVÉDERM® Injectable Gel

Indication: In the United States, JUVÉDERM® injectable gel (including JUVÉDERM® Ultra, JUVÉDERM® Ultra Plus, JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC) is indicated for correction of moderate to severe facial wrinkles and folds (such as nasolabial folds).

Contraindications: JUVÉDERM® injectable gel should not be used in patients who have severe allergies marked by a history of anaphylaxis or history or presence of multiple severe allergies. JUVÉDERM® should not be used in patients with a history of allergies to Gram-positive bacterial proteins. JUVÉDERM® Ultra XC and JUVÉDERM® Ultra Plus XC should not be used in patients with a history of allergies to lidocaine.

Warnings: JUVÉDERM® injectable gel should not be injected into blood vessels. If there is an active inflammatory process or infection at specific injection sites, treatment should be deferred until the underlying process is controlled.

Precautions: The safety of JUVÉDERM® for use during pregnancy, in breastfeeding females, or in patients under 18 years has not been established. The safety and effectiveness of JUVÉDERM® injectable gel for the treatment of areas other than facial wrinkles and folds (such as lips) have not been established in controlled clinical studies. Patients who are using substances that can prolong bleeding, such as aspirin or ibuprofen, as with any injection, may experience increased bruising or bleeding at injection site. Patients should inform their physician before treatment if they are using these types of substances. As with all skin-injection procedures, there is a risk of infection. JUVÉDERM® should be used with caution in patients on immunosuppressive therapy, or therapy used to decrease the body's immune response, as there may be an increased risk of infection. The safety of JUVÉDERM® in patients with a history of excessive scarring (e.g., hypertrophic scarring and keloid formations) and pigmentation disorders has not been studied. If laser treatment, chemical peel, or any other procedure based on active dermal response is considered after treatment with JUVÉDERM® injectable gel, or if JUVÉDERM® is administered before the skin has healed completely after such a procedure, there is a possible risk of an inflammatory reaction at the treatment site.

Adverse events: The most commonly reported side effects are temporary injection-site redness, swelling, pain/tenderness, firmness, lumps/bumps, and bruising. Most side effects are mild or moderate in nature, and their duration is short lasting (7 days or less).

Important: For full safety information, please visit www.juvederm.com or call Allergan Product Support at 1-877-345-5372.

CAUTION: Rx only.

APC61ZU10

PROMOTION

redbook notebook

what's new, noteworthy & now

SUAVE PROFESSIONALS®

New Suave Professionals® has been reinvented from the inside out! With improved formulations and salon-inspired packaging, this new line is proven to work as well as top salon brands. Now shoppers everywhere are rethinking Suave.



Enter to win a chance to see the difference for yourself! 25 lucky readers and their 10 closest girlfriends will receive all of the essentials—including Suave Professionals® products—required for a glamorous night with the girls.

Visit www.redbookmag.com/suaveinsiderparty for entry and details.

Suave
PROFESSIONALS

No purchase necessary to enter or win. The Suave Professionals® Sweepstakes is sponsored by Hearst Communications, Inc. Beginning 3/15/11 at 12:01 am (ET) through 4/11/11 at 11:59 pm (ET) enter at redbookmag.com/suaveinsiderparty. Open to legal residents of the 50 United States, D.C., and Puerto Rico who have reached the age of majority in their state or territory of residence at time of entry. Void where prohibited by law. See complete official rules at redbookmag.com/suaveinsiderparty.

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* The FDA has determined that there is no significant difference in milk from rBST or rBGH treated and untreated cows.
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WHAT TO WEAR

GREAT CLOTHES FOR REAL LIFE

3 reasons to own a flirty, outfit-making top:

1 What role do you feel like playing today: sexy secretary? '70s earth mama? These blouses have more moods than a 13-year-old girl.

2 The tie is a built-in accessory. Sure, throw on some jewelry if you want, but you'll still seem perfectly put-together if you don't.

3 They're silky and superfeminine, so they're great with skirts—yet they can also chic-up your most low-key jeans.

◀ Blouse, Pippa, \$128; Bloomingdale's. Earrings, Kevia, \$312; kevia.biz. Bangles, Sushma Patel, \$45 for 3; sushmapatel.us. Pants, Paige Denim, \$169; paigeusa.com.

TREND WITH BENEFITS

Tie-neck blouses

PROOF THAT NOTHING'S SWEETER THAN A PRETTY BOW

SHOP THE LOOK



Veronica M., \$72;
veronicaclothing.com.



Free People, \$88;
piperlime.com.



White House Black
Market, \$88; whbm.com.



Daisy Fuentes, \$44;
kohls.com.

*Great print,
even better
price—\$35!*



Tulle, \$34.80;
tulle4us.com.



Ann Taylor, \$88;
anntaylor.com.



Fifteen-Twenty, \$196;
madisonlosangeles.com.



Use it as
a chance
to channel
your inner
Katharine
Hepburn, like
Olivia Palermo
did here.



*The cutout
neckline is
charming*

Untucked, it
works like a
relaxed tunic.
Blouse,
Heartloom,
\$139; 212-
358-0484 for
stores. Pants,
BlankNYC, \$78;
piperlime.com.
Sandals, Nicole,
\$89; musthave
shoes.com.



Tucked in to
a slim skirt,
it feels nice
and proper.
Blouse, Tucker,
\$286; tuckerby
gabybasora
.com. Skirt,
Boden, \$78;
bodenusa.com.
Belt, Betsey
Johnson,
\$38; Betsey
Johnson
stores. Wedges,
Nine West, \$79;
800-999-1877
for stores.



CAN YOU TELL THE DIFFERENCE?



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*As tested in a blind salon test with top stylists.

**The New Suave
Professionals[®] Line**
Reformulated to
work as well as top
salon brands.

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Suave
PROFESSIONALS

**STYLIST
APPROVED!**



You love your locks after a salon visit but long for the same look at home. Problem solved with **NEW Suave Professionals®!** Reinvented from the inside out, this all-star collection is proven to work as well as top salon brands. But don't take our word for it. Find out what the pros had to say...

**STYLIST
APPROVED!**

**NEW! Suave Professionals®
Volumizing Root Boost Spray**

"I was shocked by Suave Professionals® new line. The **Root Boost Spray** was easy to use, and the results were perfect. The best part is these products are available everywhere and at a great price. My clients are going to love them!" —ALAA KHALIL, PROFESSIONAL STYLIST



**STYLIST
APPROVED!**



**NEW! Suave Professionals®
Dry Shampoo Spray**

"I think people will be very surprised by the new Suave Professionals® products. I was impressed by the line and would absolutely recommend Suave Professionals® to my clients, because Suave® can provide them a professional look at home anytime." —BRENNAL HEALY, PROFESSIONAL STYLIST

**STYLIST
APPROVED!**

**NEW! Suave Professionals® Touchable
Finish Lightweight Hold Hairspray**

"I could not tell the difference between Suave Professionals® and top salon brands, especially the **Lightweight Hold Hairspray**. It provides the perfect combination of shine and hold. I'm excited to see a brand come out with something really professional that not only works well but is accessible to all." —CARLOS FERNANDES, PROFESSIONAL STYLIST



RETHINK SUAVE®!

With improved formulations, chic, salon-inspired packaging, and new products, now is the time to try **NEW Suave Professionals®.**

Learn more at canyoutell.com

TAKE THE SUAVE[®] CHALLENGE AND SEE FOR YOURSELF

NEW Suave Professionals[®] Styling Products are proven to work as well as top salon brands.



TAKE THE SUAVE® CHALLENGE

Want all-star style every day of the week? It can be yours with **NEW** Suave Professionals®. Take the **Suave® Challenge** to find out what the stylists already know.



BUY IT Simply purchase a **Suave Professionals® Styling Product or Dry Shampoo**—it's up to you! Use this money-saving coupon at any retailer near you.

TRY IT Put it to the test. Give the product a try to see if you can tell the difference between Suave® and a competitive salon brand. With **Suave Professionals®** you can get the salon-worthy looks you love.

LOVE IT Log on to **canyoutell.com** to take our challenge and for a chance to win a variety of prizes.*

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to remove coupon

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OR DRY SHAMPOO

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* NO PURCHASE NECESSARY TO PLAY OR WIN. A PURCHASE WILL NOT INCREASE YOUR CHANCES OF WINNING. OPEN ONLY TO INDIVIDUALS WHO ARE RESIDENTS OF THE FIFTY (50) UNITED STATES AND THE DISTRICT OF COLUMBIA, 18 YEARS OF AGE OR OLDER. VOID WHERE PROHIBITED. WHILE SUPPLIES LAST. FOR OFFICIAL RULES VISIT WWW.CANYOUTELL.COM.



TOP STYLISTS CAN'T.*



In a salon test, we sprayed one side of each model's hair with New Suave Professionals® Dry Shampoo and the other with René Furterer® Naturia Dry Shampoo. Even top stylists couldn't tell the difference.*

Take the challenge at canyoutell.com



STYLE LIKE A PRO



WANT TO GET GORGEOUS HAIR AT HOME? SUAVE PROFESSIONALS® CELEBRITY STYLIST THEODORE LEAF SHARES HIS EXPERT STYLING TIPS AND TRICKS USING THE **NEW SUAVE PROFESSIONALS® STYLING LINE**—PROVEN TO WORK AS WELL AS TOP SALON BRANDS!

A FLAWLESS FINISH

The Suave Professionals® Touchable Finish Lightweight Hold Hairspray is a must-have for my red carpet looks! The hairspray has a humidity-defense complex that helps smooth away frizz and flyaways. It keeps my clients looking flawless, whether they are on set or at a movie premiere. I use the product on everything from updos to glamorous curls, lightly spraying the hair for a weightless hold.

1



2

YOUR SECRET WEAPON

The Suave Professionals® Dry Shampoo Spray is my new secret weapon! To refresh and revive your style, spray the dry shampoo onto your roots to absorb oil and get an instant lift. I also love to use it to add volume and texture to hair, whether it's to a fresh blow-out or loose waves. For extra "second day" oomph, I have my clients flip their heads over and spray hair underneath for a full, sexy look in a flash. Be sure to shake well before use for best results!

GIVE YOURSELF A BOOST

For hair that needs a lift, the Suave Professionals® Volumizing Root Boost Spray adds thickness and body for lasting volume. I apply the product to damp hair and spray directly on the roots before blow drying with a round brush. The spray, with ingredients like collagen and folic acid, gives my clients body that lasts from day to night! Trust me—I want that last photo at the party to look as good as the one on the red carpet!

3



Suave
PROFESSIONALS

For more hair tips and tricks, visit suave.com/asktheprofessionals



"For me, leopard is a neutral—it goes with everything."

Your a.m. sanity-saver: a very cool uniform

To **Rebecca Taylor**, a great outfit is one you can throw on without thinking. Try her 3 no-fail combos.

How this designer and mom of three decides what to wear on a normal morning may sound shockingly familiar: "I see what's clean," Rebecca admits with a laugh. And so she wisely stocks her closet with pieces that add up to agita-free, always-chic looks.

■ **A striped top + high-waisted jeans:** "I've been obsessed with stripes since I was a kid. Now my husband's hooked—we're the freaky striped couple! As for higher jeans, they're so flattering. They make my legs seem longer."

■ **A silky cream blouse + slim black jeans:** "A French woman once told me that an ivory silk top will reflect light onto your face, which helps you look younger. Believe me, it's true. Paired with skinny black jeans, it's a bit casual but still really polished."

■ **A little floral skirt + a gray tee:** "I like looks that are kittenish with a modern edge. When it's warm out, I live in patchwork Liberty print skirts worn with a gray T-shirt. And I always throw on sparkly jewelry [like the necklace above from her sister's line, Tory & Ko] or sparkly shoes."



Add a pretty pendant. Rebecca's own Tory & Ko necklace (bottom), price upon request; toryandko.com. And a look-alike (top): Marlyn Schiff, \$36; marlynschiff.com.

She loves the nautical-hip vibe of this look. Above: Shirt, J. Jill, \$49; jjill.com. Jeans, Rebecca Taylor, \$195; Saks Fifth Avenue. Sandals, Chie Mihara, \$370; shopcoclico.com.



Her "timeless" Chanel bag (top) and another carry-forever option (right): Bag, Vieta, \$92; vietafashion.com.



BAG X-RAY

Hers is full of practical and fun stuff (kinda like Mary Poppins!).

In her bag o' tricks: a Kindle, lip stain ▶ ("Bright lips are like an accessory": Stila Long Wear Lip Color in Intriguing, \$20; stilacosmetics.com), her BlackBerry, makeup-remover swabs ("MAC is discontinuing these, so I plan to stock up!"), toys for her kids, and a flip book about dolphins ("It's a great icebreaker when I'm sitting next to strangers at a dinner").



For moderate to severe RA

I HAVE RHEUMATOID ARTHRITIS.



Your results may vary. In medical studies, ENBREL was shown to be effective in about 2 out of 3 adults with moderate to severe rheumatoid arthritis (RA) who used it, and has been shown to begin working in as few as 2 weeks, with most patients receiving benefit within 3 months. In an RA medical study, 55% of patients had no progression of joint damage.

Please see Important Safety Information below and Medication Guide on the back of the following page.

ENBREL is indicated for reducing signs and symptoms, keeping joint damage from getting worse, and improving physical function in patients with moderate to severe rheumatoid arthritis. ENBREL can be taken with methotrexate or used alone.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about ENBREL?

ENBREL is a medicine that affects your immune system. ENBREL can lower the ability of your immune system to fight infections. Serious infections have happened in patients taking ENBREL. These infections include tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before you

take ENBREL and monitor you closely for TB before, during, and after ENBREL treatment, even if you have tested negative for TB.

There have been some cases of unusual cancers reported in children and teenage patients who started using tumor necrosis factor (TNF) blockers before 18 years of age. Also, for children, teenagers, and adults taking TNF blockers, including ENBREL, the chances of getting lymphoma or other cancers may increase. Patients with RA or psoriasis may be more likely to get lymphoma.

Before starting ENBREL, tell your doctor if you:

- Have any existing medical conditions
- Are taking any medicines, including herbals
- Think you have, are being treated for, have signs of, or are prone to infection. You should

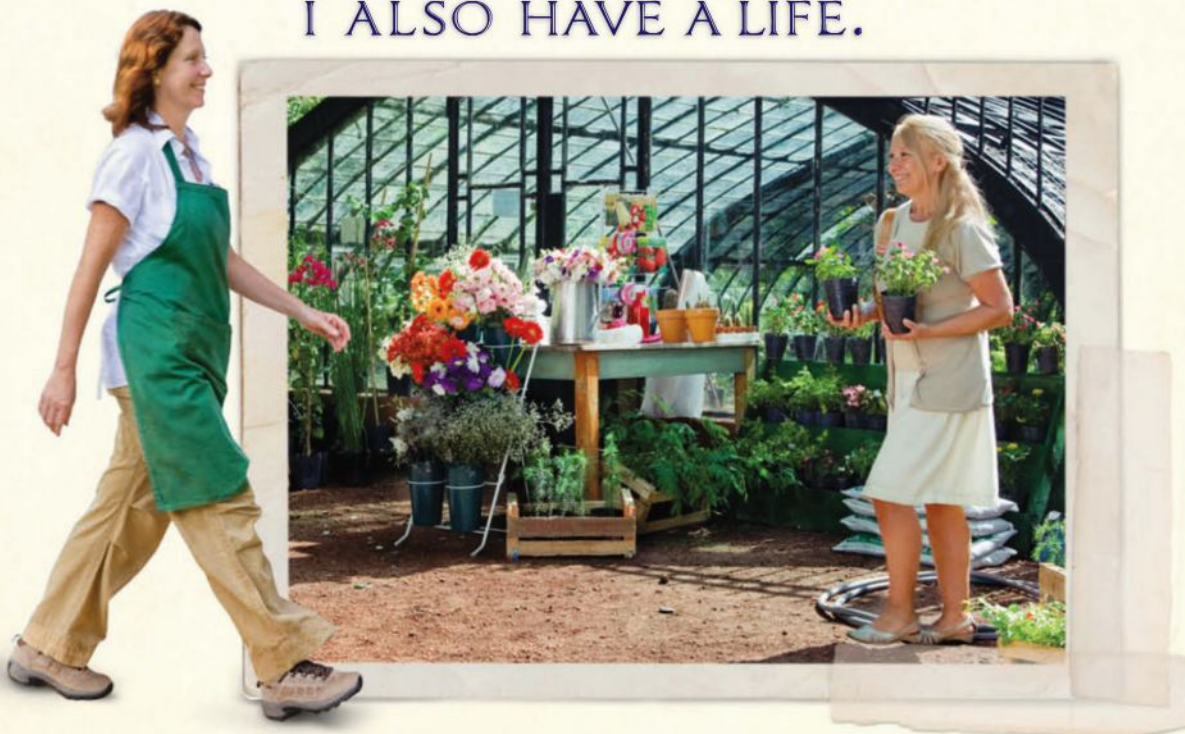
not start taking ENBREL if you have any kind of infection, unless your doctor says it is okay

- Have any open cuts or sores
- Have diabetes or an immune system problem
- Have TB or have been in close contact with someone who has had TB
- Were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure
- Live or have lived in certain parts of the country (such as, the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for certain kinds of fungal infections, such as histoplasmosis. These infections may develop or become more severe if you take ENBREL. If you don't know if histoplasmosis or other fungal infections are common in the areas where you live or have lived, ask your doctor

www.enbrel.com

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I ALSO HAVE A LIFE.



If you suffer from moderate to severe RA, it can seem as though your life has been split in two. ENBREL can help bridge the gap.

ENBREL can reduce the pain, stiffness, and fatigue that's stopping you. It can also help keep joint damage from getting worse. ENBREL is given by injection. ENBREL was the first medicine of its kind approved for moderate to severe RA and is the number-one most prescribed biologic by rheumatologists for RA.* So you can experience another side of RA, and get closer to the life you want to live.

Ask your rheumatologist about ENBREL today. To learn about RA, ENBREL, and patient support call: 1-888-4ENBREL and visit Enbrel.com.

*Based on monthly prescription data from IMS NPA for September 2009 and a 6-month interval of NDTI data for projected drug uses as of August 2009 for biologic agents approved for moderate to severe RA.

- Have or have had hepatitis B
- Have heart failure
- Develop symptoms such as persistent fever, bruising, bleeding, or paleness while taking ENBREL
- Use the medicine Kineret® (anakinra), Orencia® (abatacept), or Cytosan® (cyclophosphamide)
- Are taking anti-diabetic medicines
- Have or develop a serious nervous disorder, seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis or Guillain-Barré syndrome
- Are scheduled to have surgery
- Have recently received or are scheduled for any vaccines. All vaccines should be brought up-to-date before starting ENBREL. Patients taking ENBREL should not receive live vaccines.
- Are allergic to rubber or latex
- Are pregnant, planning to become pregnant,

- or breastfeeding
- Have been around someone with chicken pox

What are the possible side effects of ENBREL?

ENBREL can cause serious side effects including: **Infections**, including serious infections like TB; **hepatitis B** can become active if you already have had it; **nervous system problems**, such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes; **blood problems** (some fatal); new or worsening **heart failure**; new or worsening **psoriasis**; **allergic reactions**; **autoimmune reactions**, including a lupus-like syndrome and autoimmune hepatitis.

Common side effects include: Injection site reactions, upper respiratory infections (sinus infections), and headache.

These are not all the side effects with ENBREL.

Tell your doctor about any side effect that bothers you or does not go away.

If you have any questions about this information, be sure to discuss them with your doctor. You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Medication Guide on the next page.



Get closer to the life you want to live



Medication Guide Enbrel® (en-brel) (etanercept)

Read the Medication Guide that comes with Enbrel before you start using it and each time you get a refill. There may be new information. This Medication Guide does not take the place of talking with your doctor about your medical condition or treatment. It is important to remain under your doctor's care while using Enbrel.

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker that affects your immune system.

What is the most important information I should know about Enbrel?

Enbrel may cause serious side effects, including:

1. Risk of infection

Enbrel can lower the ability of your immune system to fight infections. Some people have serious infections while taking Enbrel. These infections include tuberculosis (TB), and infections caused by viruses, fungi, or bacteria that spread throughout their body. Some people have died from these infections.

- Your doctor should test you for TB before starting Enbrel.
- Your doctor should monitor you closely for symptoms of TB during treatment with Enbrel even if you tested negative for TB.
- Your doctor should check you for symptoms of any type of infection before, during, and after your treatment with Enbrel.

You should not start taking Enbrel if you have any kind of infection unless your doctor says it is okay.

2. Risk of cancer

- There have been cases of unusual cancers in children and teenage patients who started using TNF-blocking agents at less than 18 years of age.
- For children, teenagers, and adults taking TNF-blocker medicines, including Enbrel, the chances of getting lymphoma or other cancers may increase.
- People with rheumatoid arthritis or psoriasis, especially those with very active disease, may be more likely to get lymphoma.

Before starting Enbrel, be sure to talk to your doctor:

Enbrel may not be right for you. Before starting Enbrel, tell your doctor about all of your medical conditions, including:

Infections – tell your doctor if you:

- have an infection. (See “What is the most important information I should know about Enbrel?”)
- are being treated for an infection.
- think you have an infection.
- have symptoms of an infection such as fever, sweats or chills, cough or flu-like symptoms, shortness of breath, blood in your phlegm, weight loss, muscle aches, warm, red, or painful areas on your skin, sores on your body, diarrhea or stomach pain, burning when you urinate or urinating more often than normal, and feel very tired.
- have any open cuts on your body.
- get a lot of infections or have infections that keep coming back.
- have diabetes, HIV, or a weak immune system. People with these conditions have a higher chance for infections.
- have TB, or have been in close contact with someone with TB.
- were born in, lived in, or traveled to countries where there is a risk for getting TB. Ask your doctor if you are not sure.
- live, have lived in, or traveled to certain parts of the country (such as the Ohio and Mississippi River valleys, or the Southwest) where there is a greater risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may happen or become more severe if you use Enbrel. Ask your doctor if you do not know if you live or have lived in an area where these infections are common.
- have or have had hepatitis B.

Also, BEFORE starting Enbrel, tell your doctor:

- About all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements including:
 - ✓ **Orencia® (abatacept) or Kineret® (anakinra).** You have a higher chance for serious infections when taking Enbrel with Orencia® or Kineret®.
 - ✓ **Cyclophosphamide (Cytoxan®).** You may have a higher chance for getting certain cancers when taking Enbrel with cyclophosphamide.
 - ✓ **Anti-diabetic Medicines.** If you have diabetes and are taking medication to control your diabetes, your doctor may decide you need less anti-diabetic medicine while taking Enbrel.

Keep a list of all your medications with you to show your doctor and pharmacist each time you get a new medicine. Ask your doctor if you are not sure if your medicine is one listed above.

Other important medical information you should tell your doctor BEFORE starting Enbrel, includes if you:

- have or had a nervous system problem such as multiple sclerosis or Guillain-Barré syndrome.
- have or had heart failure.
- are scheduled to have surgery.
- have recently received or are scheduled to receive a vaccine.
 - ✓ all vaccines should be brought up-to-date before starting Enbrel.
 - ✓ people taking Enbrel should not receive live vaccines.
 - ✓ ask your doctor if you are not sure if you received a live vaccine.
- are allergic to rubber or latex.
 - ✓ the needle covers on the single-use prefilled syringes and the single-use prefilled SureClick® autoinjectors contains dry natural rubber.
- have been around someone with varicella zoster (chicken pox).
- are pregnant or plan to become pregnant. It is not known if Enbrel will harm your unborn baby.
 - ✓ **Pregnancy Registry:** Amgen has a registry for pregnant women who take Enbrel. The purpose of this registry is to check the health of the pregnant mother and her child. Talk to your doctor if you are pregnant and contact the registry at 1-877-311-8972.
- are breastfeeding or plan to breastfeed. It is not known if Enbrel passes into your breast milk. You and your doctor should decide if you will take Enbrel or breast feed. You should not do both.

See the section “What are the possible side effects of Enbrel?” below for more information.

What is Enbrel?

Enbrel is a prescription medicine called a Tumor Necrosis Factor (TNF) blocker.

Enbrel is used to treat:

- **moderately to severely active rheumatoid arthritis (RA).** Enbrel can be used alone or with a medicine called methotrexate.
- **psoriatic arthritis.** Enbrel can be used alone or with methotrexate.
- **ankylosing spondylitis (AS).**
- **chronic moderate to severe plaque psoriasis in adults ages 18 years and older.**
- **moderately to severely active polyarticular juvenile idiopathic arthritis (JIA) in children ages 2 years and older.**

You may continue to use other medicines that help treat your condition while taking Enbrel, such as nonsteroidal anti-inflammatory drugs (NSAIDs) and prescription steroids, as recommended by your doctor.

Enbrel can help reduce joint damage and the signs and symptoms of the above mentioned diseases. People with these diseases have too much of a protein called tumor necrosis factor (TNF), which is made by your immune system. Enbrel can reduce the effect of TNF in the body and block the damage that too much TNF can cause, but it can also lower the ability of your immune system to fight infections. See “What is the most important information I should know about Enbrel?” and “What are the possible side effects of Enbrel?”

Who should not use Enbrel?

Do not use Enbrel if you:

- have an infection that has spread through your body (sepsis).

How should I use Enbrel?

- Enbrel is given as an injection under the skin (subcutaneous or SC).
- If your doctor decides that you or a caregiver can give the injections of Enbrel at home, you or your caregiver should receive training on the right way to prepare and inject Enbrel. Do not try to inject Enbrel until you have been shown the right way by your doctor or nurse.
- Enbrel is available in the forms listed below. Your doctor will prescribe the type that is best for you.
 - Single-use Prefilled Syringe
 - Single-use Prefilled SureClick Autoinjector
 - Multiple-use Vial
- See the detailed “Patient Instructions for Use” with this Medication Guide for instructions about the right way to store, prepare, and give your Enbrel injections at home.
- Your doctor will tell you how often you should use Enbrel. Do not miss any doses of Enbrel. If you forget to use Enbrel, inject your dose as soon as you remember. Then, take your next dose at your regular(ly) scheduled time. In case you are not sure when to inject Enbrel, call your doctor or pharmacist. Do not use Enbrel more often than as directed by your doctor.
- Your child's dose of Enbrel depends on his or her weight. Your child's doctor will tell you which form of Enbrel to use and how much to give your child.

What are the possible side effects of Enbrel?

Enbrel can cause serious side effects, including:

See “What is the most important information I should know about Enbrel?”

- **Infections.** Enbrel can make you more likely to get infections or make any infection that you have worse. Call your doctor right away if you have any symptoms of an infection. See “Before starting Enbrel, be sure to talk to your doctor” for a list of symptoms of infection.
- **Hepatitis B infection** in people who carry the virus in their blood. If you are a carrier of the hepatitis B virus (a virus that affects the liver),

the virus can become active while you use Enbrel. Your doctor may do a blood test before you start treatment with Enbrel and while you use Enbrel.

- **Nervous system problems.** Rarely, people who use TNF-blocker medicines have developed nervous system problems such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Tell your doctor right away if you get any of these symptoms: numbness or tingling in any part of your body, vision changes, weakness in your arms and legs, and dizziness.
- **Blood problems.** Low blood counts have been seen with other TNF-blocker medicines. Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include fever, bruising or bleeding very easily, or looking pale.
- **Heart failure** including new heart failure or worsening of heart failure you already have. New or worse heart failure can happen in people who use TNF-blocker medicines like Enbrel. If you have heart failure your condition should be watched closely while you take Enbrel. Call your doctor right away if you get new or worsening symptoms of heart failure while taking Enbrel, such as shortness of breath or swelling of your lower legs or feet.
- **Psoriasis.** Some people using Enbrel developed new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that may be filled with pus. Your doctor may decide to stop your treatment with Enbrel.
- **Allergic reactions.** Allergic reactions can happen to people who use TNF-blocker medicines. Call your doctor right away if you have any symptoms of an allergic reaction. Symptoms of an allergic reaction include a severe rash, a swollen face, or trouble breathing.
- **Autoimmune reactions, including:**
 - ✓ **Lupus-like syndrome.** Symptoms include a rash on your face and arms that gets worse in the sun. Tell your doctor if you have this symptom. Symptoms may go away when you stop using Enbrel.
 - ✓ **Autoimmune hepatitis.** Liver problems can happen in people who use TNF-blocker medicines, including Enbrel. These problems can lead to liver failure and death. Call your doctor right away if you have any of these symptoms: feel very tired, skin or eyes look yellow, poor appetite or vomiting, pain on the right side of your stomach (abdomen).

Common side effects of Enbrel include:

- **Injection site reactions** such as redness, swelling, itching, or pain. These symptoms usually go away within 3 to 5 days. If you have pain, redness, or swelling around the injection site that doesn't go away or gets worse, call your doctor.
- **Upper respiratory infections** (sinus infections).
- **Headache.**

These are not all the side effects with Enbrel. Tell your doctor about any side effect that bothers you or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store Enbrel?

- Store Enbrel in the refrigerator at 36° to 46°F (2° to 8°C).
- Do not freeze.
- Do not shake.
- Keep Enbrel in the original carton to protect from light.
- Keep Enbrel and all medicines out of the reach of children.

General Information about Enbrel

Medicines are sometimes prescribed for purposes not mentioned in a Medication Guide. Do not use Enbrel for a condition for which it was not prescribed. Do not give Enbrel to other people, even if they have the same condition. It may harm them.

This Medication Guide summarizes the most important information about Enbrel. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about Enbrel that was written for healthcare professionals. For more information call, 1-888-4ENBREL (1-888-436-2735).

What are the ingredients in Enbrel?

Single-use Prefilled Syringe and the Single-use Prefilled SureClick Autoinjector:

Active Ingredient: etanercept

Inactive Ingredients: sucrose, sodium chloride, L-arginine hydrochloride and sodium phosphate

Multiple-use Vial:

Active Ingredient: etanercept

Inactive Ingredients: mannitol, sucrose, tromethamine v5

Issue Date: 10/2010

This Medication Guide has been approved by the US Food and Drug Administration.



Manufactured by Immunex Corporation
Thousand Oaks, CA 91320



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Amgen Inc. and Pfizer Inc.

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You can live in this ultra-pretty print skirt

Give it polish with and a sleek black top. A chunky  and a sweet  make a funky date-night outfit. (Finish it off with a glitzy .) If simple-chic is more your thing, throw on a matching patent , a white tee, and gorgeously sparkly . Want even more punch for any of these looks? Toss a cheery  on top. Feel better?

Heels, Bettye Muller, \$295; footnotesonline.com. Black belt, Streets Ahead Inc., \$64; 800-669-8218. Tank, Loft, \$49.50; loft.com. Ring, KJL, \$49.50; qvc.com. Orange belt, Martine Wester, \$59; martinewester.com. Flats, Kate Spade, \$298; endless.com. Jacket, East 5th by JCPenney, \$39.99; jcp.com.



◀ Go hip at the office

The shirt is classic, the trench is subtly glam, and the overall effect will have 'em snapping to. (Finally!)

Shirt, Nicole by Nicole Miller for JCPenney, \$30.80; jcp.com. Jacket, Alfani, \$99; macys.com. Earrings, Kendra Scott, \$70; kendrascott.com. Belt, Paul & Joe Sister, \$140; Paul & Joe, Los Angeles, 310-270-4620. Heels, Lela Rose for Payless, \$49.99; payless.com.

Fun print, easy shape, silky fabric: This skirt screams spring! But that doesn't stop it from being super-versatile. Skirt, Banana Republic, \$80; bananarepublic.com.



Bring on the glitz ▲

Add some sparkle and gold to this skirt and the party is wherever you are.

Sequin tank, Victoria's Secret Catalogue, \$49.50; victoriasecret.com. Earrings, Joan Rivers; \$48.50; qvc.com. Sandals, Enzo Angiolini, \$110; select Macy's.



Explore your arty side ➤

Bold jewelry, a slouchy top, slick heels—you own a trendy downtown gallery, right?

Necklace, Sobral, \$90; sobralusa.com.

Shirt, Claudia E, \$138; Splurge, Roslyn Heights, NY, 516-277-2565.

Cuff, Isharya, \$275; isharya.com. Purse, Talbots, \$250; talbots.com.

Wedges, Schutz, \$240; martierusa.com

Like a little sculpture for your wrist

Just chill on out ➤

Low-key favorites—a denim jacket, slip-on sneaks—step way up with such a lush, exotic piece.

Jean jacket, 7 For All Mankind, \$245;

7forallmankind.com.

Tank, Cable & Gauge,

\$48; cableandgauge.com.

Bangles, Amrita Singh, \$75;

banglebangle.com.

Sneakers, Keds, \$50;

keds.com. Bag, Hobo

International, \$198;

hobobags.com.

Take it shopping

With edgy black accessories, this peppy, preppy mix is downright cool.

Shirt, WD-NY, \$40; 212-395-9309 for stores. Sweater,

Magaschoni, \$220; magaschoni.com.

Necklace, Fotini Jewelry Designs, \$130;

fotinidesigns.com. Bag,

Danielle Nicole, \$49;

danielle-nicole.com.

Sandals, Pour la

Victoire, \$250;

shopbop.com.



WHAT WOULD Jennifer Lopez DO?



FLIRTY

She does subtle (and yeah, a little goofy) bombshell in a low-cut, flowy top tempered by black pants.



EVENING

When the sun goes down, she opts for superglam dresses—and always (always) serious heels.



RELAXED

Overize accessories give her casual pieces a fun, girly vibe.

Steal J. Lo's style! Toned down or turned way up, it's all about sex appeal. We're ready for our hot mama lessons.

■ Flattery trick to steal: Balance a curvy shape by going printed and floaty on top, slim and dark on the bottom.

Shirt, A.N.A by JCPenney, \$19.99; jcp.com. Jeans, Level 99, \$66; The Dressing Room, Miami, 305-668-4440. Sunglasses, Foster Grant, \$15.99; Fred Meyer stores. Sandals, Yellowbox, \$55; yellowbox.com.



■ How to pull off sultry and sophisticated at the same time? Grab a come-hither dress in a muted color. Dress, Ark & Co., \$75, modcloth.com. Cuff, Rimistyle, \$22; rimistyle.com. Clutch, Rampage Handbags, \$68; endless.com. Sandals, Fergalicious, \$55; famousfootwear.com. Heels, ShoeDazzle, \$39.95; shoedazzle.com.



These are crazy-sexy!



■ Pale colors make these basics feel lush; sparkly jewelry makes them diva-worthy.

T-shirt, Market, \$42; market-ts.com. Watch, TKO Orlogi, \$295; tkowatches.com. Hoops, ABS by Allen Schwartz, \$65; Bloomingdale's. Jeans, Joe's Jeans, \$158; joesjeans.com. Flip-flops, Havaianas, \$18; us.havaianas.com.



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BEAUTY & HEALTH

INFO TO HELP YOU LOOK AND FEEL GREAT

5 TRICKS TO...

Erase wrinkles naturally

● Power snacks that fight fine lines ● Three new ingredients you want in your skin care ● A facial massage that takes off years (and just feels good) By Ayren Jackson-Cannady

AUGUSTUS BUTERA

REDBOOKMAG.COM 63



1 Wash with oil

Sounds terrifying, right? But you should relax and try it if you have dry, weary skin, says Miami Beach dermatologist Leslie Baumann, M.D.: "Many natural oils contain linoleic acid, which helps skin retain water." Start with 2 Tbsp of linoleic-rich almond oil, says natural skin-care expert Sharon Seadt Epel, then mix in 12 to 30 drops of one of these oils: carrot seed to boost elasticity, frankincense to restore skin tone, or lavender to calm redness. Massage it in for two minutes, then rinse with warm water. We promise, no morning-after acne.



4 GET JUICED

Salma Hayek is 44. How is that possible? The actress swears by juice cleanses, so much so that she cofounded Cooler Cleanse, a \$58-a-day juice delivery program. During the three-day cleanse, you guzzle a whopping 18 pounds of organic fruits and veggies each day, says company cofounder Eric Helms. "This floods skin with vitamins A and C and other nutrients that boost cell turnover." No way you're spending more than your family's grocery budget on this regimen? Down a glass of green juice every day for a week instead. (At a juice bar or health-food store, ask for a blend of spinach, celery, parsley, lemon, pears, and cucumber.) By day seven your skin should feel softer and look more luminous. We'll drink to that.



2 RUB THESE IN



Meet the latest crop of natural time-busters from around the globe. African Anogeissus, found in Origins Plantscriptum antiaging serum, \$55, stimulates production of fibrillin (a protein responsible for skin's "bounce back"). Kiehl's Rosa Arctica Youth Regenerating Cream, \$60, is infused with Bulgarian Haberlea rhodopensis floral extract, a collagen booster. And sandthorn berry, a skin tightener, is found not only in some of the world's harshest climates but also in Yves Rocher Ovale Lifting Redensifying Night Care, \$46, and Badger SPF 30 sunscreen, \$16.



3 Massage the years off

You can smooth skin with D.I.Y. acupressure, according to Maya Kron, acupuncturist at James Corbett Studio, a New York City spa. These moves will release tension and boost elasticity.



- 1 Using the index and middle fingers of one hand, massage between your brows for 20 rotations.
- 2 Apply light pressure to temples for 10 seconds, then to your jawbone joint (located in front of your ears) for 10 seconds. Repeat.
- 3 Lightly press the muscle that protrudes when you clench your teeth for 5 to 10 seconds.

5 SNACK ON SUPERFOODS



"Skin is a matrix of proteins, water, and fats that needs a non-processed food supply for replenishment," says dermatologist David Colbert, M.D., author of *The High School Reunion Diet*.

Here are three line-softening nibbles to grab now: ● Almonds pack skin-plumping fats and vitamin E, a powerful antioxidant that helps offset UV damage. ● Dark chocolate with a cacao content of 72 percent or higher is rich in damage-fighting antioxidants as well. ● Blueberries give you a magic combo of antioxidants and collagen-protecting vitamin C.



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SCREEN GRAB

Try Natalie's **super-natural** beauty tricks

Your Highness may be a spoof of ye olde knight-rescues-damsel movies—but we very seriously want star Natalie Portman's fresh makeup and flowing hair. Eileen Kastner-Delago, who did both for her, shared the key components with us.

A radiant face: "I concentrated on keeping her skin glowing," says Kastner-Delago, who used a mixture of Chanel Vitalumière Moisture-Rich Radiance Fluid Makeup SPF 15 in Beige and Clair. She upped the glow with Laura Mercier's four-toned Shimmer Bloc in Golden Mosaic ("I put the bronzing tones all over and the lighter golden color around the eyes, above the cupid's bow of the lips, and on the chin").

Sheer lips: Kastner-Delago wanted Portman's lips to be "very light, with a natural color." She got the look by layering Dr. Hauschka lip balm over Laura Mercier Lip Stain in English Rose.

Romantic hair—and lots of it: "I applied Sebastian Mousse Forte to her damp hair and Sebastian Volupt Spray to her ends, then blow-dried and added a fall [a large hairpiece] at the crown," explains Kastner-Delago. "In the end, I curled and blended all the hair together. To add shine, I used John Frieda Frizz-Ease serum." Feel free to skip the fall and stick with the blow-out and curling iron—just make sure to curl sections away from your face for that medieval lady look.



Clockwise from top left: Chanel Vitalumière foundation in Beige and Clair, \$55 each; Laura Mercier Shimmer Bloc in Golden Mosaic, \$38; Dr. Hauschka Lip Care Stick, \$13.95; Laura Mercier Lip Stain in English Rose, \$20.

DO I NEED...

...styling products for color-treated hair?



Pureology color-safe heat spray, \$22.99, and gel, \$27.99.

The shortest answer: no, but they can't hurt. These lines tend to be more moisturizing than the average styling product (colored hair can be dry), and more strengthening (even the gentlest dye weakens strands). So if scanning labels for moisture-rich ingredients isn't your favorite pastime, stylers made for colored hair are a sure thing. No matter what kind of styling aid you choose, make sure it's heat-protective if you use a dryer, hot rollers, or an iron. "It will help keep the cuticle intact," says celeb stylist Sarah Potempa. "An intact cuticle means your color's less likely to fade."

LIPCOLOR TO LOVE



Kristen Bell wears a kiss of coral.

Bold coral lips made a big splash on spring runways. If the look seems cuckoo to you, tone it down while staying true to the cool spirit with a sheer lipstick, tint, or gloss version.

"Or fill in your lips with a pencil—try FACE Stockholm's Christina—then top it with lip balm and blot," says makeup artist Tina Turnbow.

Easy, sheer options: Pixi Succulent Lip Twin in Coral Camellia, \$18; Make Up For Ever Lab Shine Lip Gloss in S6, \$18.



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1



9



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4

1 Green goddess Amp up lashes with the highest-impact organic mascara we've tried. Physicians Formula Organic Wear Natural Origin Jumbo Lash Mascara, \$9.95.

2 Get sun-kissed, ASAP These towelettes slough away dry skin *and* give a little tan. Dr. Dennis Gross Skincare Alpha Beta Glow Pads, \$32 for 20.

3 Grow lashes, look great Genius! Liners loaded with lash-growth serum, so you can define eyes and lengthen lashes at once. Line N Grow in Olive and Midnight Blue; \$39.95 each.

4 Skin slam dunk Clean up, soothe skin, and get to bed fast. Yves Rocher 3 Detoxifying Teas Express Cleansing Wipes, \$13 for 20.

5 Smell yummy The juiciest yet of Givenchy's Very Irrésistible fragrance collection contains a sultry hint of plum. Givenchy Very Irrésistible L'Intense, \$80.

6 Dud-free palette These three shadows and blush are a chic way to give back: A portion of proceeds goes to the Wider Caribbean Sea Turtle Conservation Network. Chantecaille Sea Turtle Palette, \$79.

7 Sleep in a tube Don't just conceal dark circles: Hydrate skin and zap puffiness too. Miracle Skin Transformer Treat & Conceal Eye & Face, \$36.

8 Glitter for grown-ups A trio with tiny but light-catching glimmer particles: Jouer Lip Gloss in Nude Glisten, Coral Glisten, and Rose Glisten, \$20 each.

9 Lotion with sex appeal This bronze-y body moisturizer grants instant siren status. Victoria's Secret Beach Sexy Tan Enhancing Shimmer Lotion with Tint, \$12.

PRISTIQ® (desvenlafaxine) is a prescription medication approved for the treatment of major depressive disorder in adults.

Important Safety Information About PRISTIQ®

Suicidality and Antidepressant Drugs
Antidepressants increased the risk compared to placebo of suicidal thinking and behavior (suicidality) in children, teens, and young adults. Depression and certain other psychiatric disorders are themselves associated with increases in the risk of suicide. Patients of all ages who are started on antidepressant therapy or when the dose is changed should be monitored appropriately and observed closely for clinical worsening, suicidality, or unusual changes in behavior such as becoming agitated, irritable, hostile, aggressive, impulsive, or restless. Should these occur, report them to a doctor. PRISTIQ is not approved for use in children under 18.

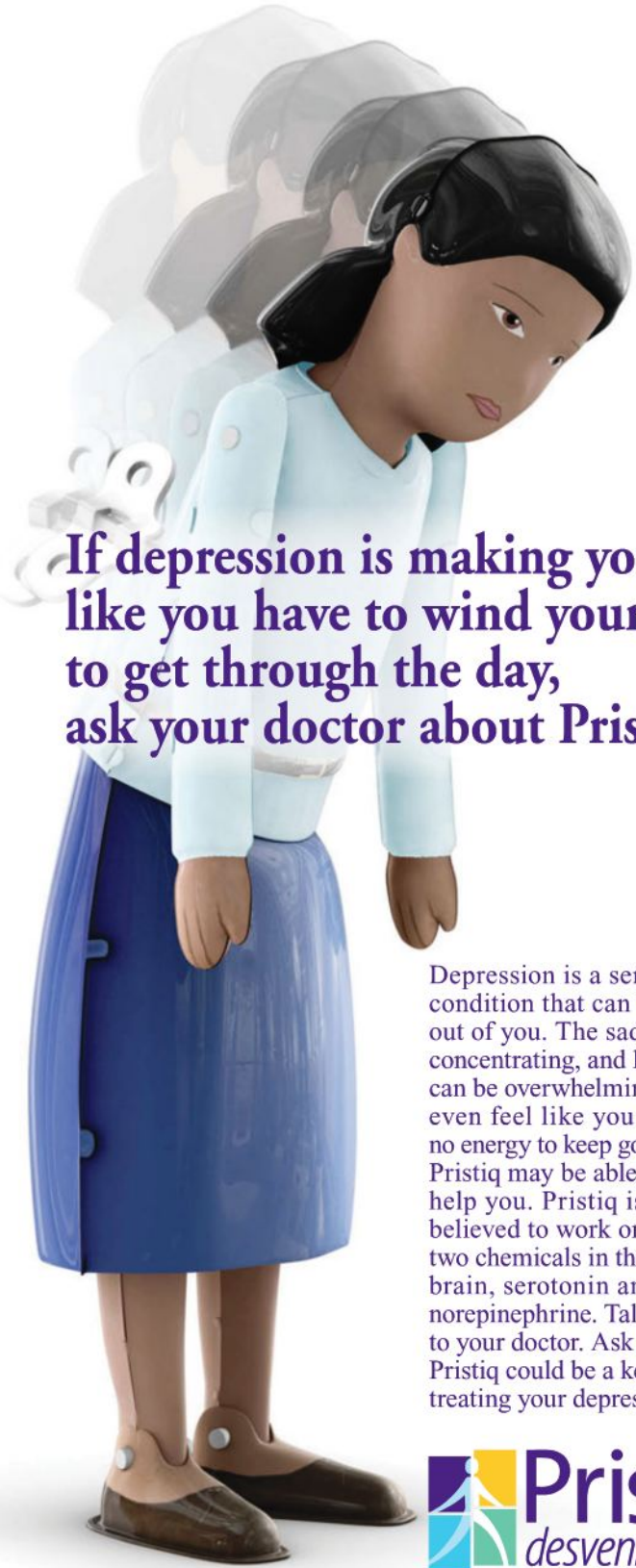
People taking MAOIs should not take PRISTIQ. Tell your healthcare professional about all prescription and over-the-counter medications you are taking or plan to take, including: medicines to treat migraines or psychiatric disorders, to avoid a potentially life-threatening condition; and aspirin, NSAID pain relievers, or blood thinners because they may increase the risk of bleeding.

PRISTIQ may cause or make some conditions worse, so tell your healthcare professional about all your medical conditions, including:

- High blood pressure, which should be controlled before you start taking PRISTIQ and monitored regularly
- Heart problems, high cholesterol or triglyceride levels, or a history of stroke, glaucoma or increased eye pressure, kidney or liver problems, or have low sodium levels in your blood
- Mania, bipolar disorder, or seizures or convulsions
- If nursing, pregnant, or plan to become pregnant

Discontinuation symptoms may occur when stopping or reducing PRISTIQ, so talk to your healthcare professional before stopping or changing your dose of PRISTIQ. Until you see how PRISTIQ affects you, be careful driving a car or operating machinery. Avoid drinking alcohol while taking PRISTIQ. Side effects when taking PRISTIQ 50 mg may include nausea, dizziness, sweating, constipation, and decreased appetite.

Please see Brief Summary of Prescribing Information on next page.



If depression is making you feel like you have to wind yourself up to get through the day, ask your doctor about Pristiq.

Depression is a serious medical condition that can take so much out of you. The sadness, trouble concentrating, and loss of interest can be overwhelming. You may even feel like you have no energy to keep going. Pristiq may be able to help you. Pristiq is believed to work on two chemicals in the brain, serotonin and norepinephrine. Talk to your doctor. Ask if Pristiq could be a key in treating your depression.



 **Pristiq®**
desvenlafaxine
EXTENDED-RELEASE TABLETS

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Visit Pristiq.com or call 1-800-PRISTIQ (1-800-774-7847)

IMPORTANT FACTS ABOUT

Pristiq®
desvenlafaxine
EXTENDED-RELEASE TABLETS

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Pristiq® -
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Tablets

Read the Medication Guide that comes with you or your family member's antidepressant medicine. Talk to your, or your family member's, healthcare provider about:

- all risks and benefits of treatment with antidepressant medicines
- all treatment choices for depression or other serious mental illness

What is the most important information I should know about antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions?

1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) bipolar illness (also called manic-depressive illness) or suicidal thoughts or actions.
3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?

- Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
- Call the healthcare provider right away to report new or sudden changes in mood, behavior, thoughts, or feelings.
- Keep all follow-up visits with the healthcare provider as scheduled. Call the healthcare provider between visits as needed, especially if you have concerns about symptoms.

Call a healthcare provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless
- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to a healthcare provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the healthcare provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the healthcare provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member takes. Keep a list of all medicines to show the healthcare provider. Do not start new medicines without first checking with your healthcare provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's healthcare provider for more information.

Important Information about Pristiq

Read the patient information that comes with Pristiq before you take Pristiq and each time you refill your prescription. There may be new information. If you have questions, ask your healthcare provider. This information does not take the place of talking with your healthcare provider about your medical condition or treatment.

What is Pristiq?

- Pristiq is a prescription medicine used to treat depression. Pristiq belongs to a class of medicines known as SNRIs (or serotonin-norepinephrine reuptake inhibitors).
- Pristiq is not approved for use in children and adolescents.

Who should not take Pristiq? Do not take Pristiq if you:

- are allergic to desvenlafaxine, venlafaxine or any of the ingredients in Pristiq.
- currently take, or have taken within the last 14 days, any medicine known as an MAOI. Taking an MAOI with certain other medicines, including Pristiq, can cause serious or even life-threatening side effects. Also, you must wait at least 7 days after you stop taking Pristiq before you take any MAOI.

What should I tell my healthcare provider before taking Pristiq?

Tell your healthcare provider about all your medical conditions, including if you:

- have high blood pressure
- have heart problems
- have high cholesterol or high triglycerides
- have a history of stroke
- have glaucoma
- have kidney problems
- have liver problems
- have or had bleeding problems
- have or had seizures or convulsions
- have mania or bipolar disorder
- have low sodium levels in your blood
- are pregnant or plan to become pregnant. It is not known if Pristiq will harm your unborn baby.
- are breastfeeding. Pristiq can pass into your breast milk and may harm your baby. Talk with your healthcare provider about the best way to feed your baby if you take Pristiq.

• Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions

Rare, but potentially life-threatening, conditions called serotonin syndrome or Neuroleptic Malignant Syndrome (NMS)-like reactions can happen when medicines

such as Pristiq are taken with certain other medicines. Serotonin syndrome or NMS-like reactions can cause serious changes in how your brain, muscles, heart and blood vessels, and digestive system work.

Especially tell your healthcare provider if you take the following:

- medicines to treat migraine headaches known as triptans
- St. John's Wort
- MAOIs (including linezolid, an antibiotic)
- tryptophan supplements
- sibutramine
- tramadol
- medicines used to treat mood, anxiety, psychotic, or thought disorders, including tricyclics, lithium, selective serotonin reuptake inhibitors (SSRIs), or serotonin norepinephrine reuptake inhibitors (SNRIs), antipsychotic drugs, or other dopamine antagonists, such as metoclopramide

Ask your healthcare provider if you are not sure whether you are taking any of these medicines.

Before you take Pristiq with any of these medicines, talk to your healthcare provider about serotonin syndrome. See "What are the possible side effects of Pristiq?"

Pristiq contains the medicine desvenlafaxine. Do not take Pristiq with other medicines containing venlafaxine or desvenlafaxine.

Switching from other antidepressants

Side effects from discontinuing antidepressant medication have occurred when patients switched from other antidepressants, including venlafaxine, to Pristiq. Your doctor may gradually reduce the dose of your initial antidepressant medication to help reduce these side effects.

What should I avoid while taking Pristiq?

- Do not drive a car or operate machinery until you know how Pristiq affects you.
- Avoid drinking alcohol while taking Pristiq.

What are the possible side effects of Pristiq?

Pristiq can cause serious side effects, including:

- See the beginning of this page.
- Serotonin syndrome or neuroleptic malignant syndrome (NMS)-like reactions. See "What should I tell my healthcare provider before taking Pristiq?"

Get medical help right away if you think that you have these syndromes. Signs and symptoms of these syndromes may include one or more of the following:

- restlessness
- hallucinations (seeing and hearing things that are not real)
- coma
- nausea
- vomiting
- confusion
- increase in blood pressure
- diarrhea
- loss of coordination
- fast heart beat
- increased body temperature
- muscle stiffness

Pristiq may also cause other serious side effects including:

- **New or worsened high blood pressure (hypertension).** Your healthcare provider should monitor your blood pressure before and while you are taking Pristiq. If you have high blood pressure, it should be controlled before you start taking Pristiq.
- **Abnormal bleeding or bruising.** Pristiq and other SNRIs/SSRIs may cause you to have an increased chance of bleeding. Taking aspirin, NSAIDs (non-steroidal anti-inflammatory drugs), or blood thinners may add to this risk. Tell your healthcare provider right away about any unusual bleeding or bruising.
- **Glaucoma (increased eye pressure)**
- **Increased cholesterol and triglyceride levels in your blood**
- **Symptoms when stopping Pristiq (discontinuation symptoms).** Side effects may occur when stopping Pristiq (discontinuation symptoms), especially when therapy is stopped suddenly. Your healthcare provider may want to decrease your dose slowly to help avoid side effects.

Some of these side effects may include:

- dizziness
- irritability
- abnormal dreams
- diarrhea
- nausea
- sleeping problems (insomnia)
- tiredness
- headache
- anxiety
- sweating

• Seizures (convulsions)

- **Low sodium levels in your blood.** Symptoms of this may include headache, difficulty concentrating, memory changes, confusion, weakness, and unsteadiness on your feet. In severe or more sudden cases, symptoms can include hallucinations (seeing or hearing things that are not real), fainting, seizures and coma. If not treated, severe low sodium levels could be fatal.

• **Allergic reactions.** Some reactions can be severe such as swelling beneath the skin (e.g., throat, face, hands). Contact your healthcare provider if you think you have any of these side effects.

Common side effects with Pristiq include:

- nausea
- headache
- dry mouth
- sleepiness
- dilated pupils
- insomnia
- constipation
- loss of appetite
- tremor
- diarrhea
- vomiting
- anxiety
- dizziness
- decreased sex drive
- delayed orgasm and ejaculation
- sweating
- tiredness

These are not all the possible side effects of Pristiq. Tell your healthcare provider about any side effect that bothers you or does not go away. Call your doctor for medical advice about side effects. For more information on these and other side effects associated with Pristiq, talk to your healthcare provider, visit our web site at www.pristiq.com or call our toll-free number 1-888-Pristiq.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Contact Information

Please visit our web site at www.pristiq.com, or call our toll-free number 1-888-Pristiq to receive more information. This product's label may have been updated. For current package insert and further product information, please visit www.pfizer.com or call our medical communications department toll-free at 1-800-934-5556.

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Kim, diagnosed in 2000

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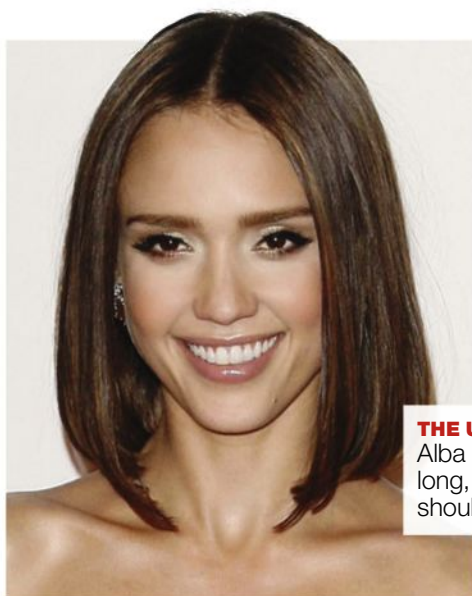
change is good!

Women can be loyal to a fault... To lip glosses. To haircuts. To the left-side part you've had since you grew hair. Shake it up already with 9 celeb-inspired ideas that are getting great reviews. By Gina Way

SLEEK CHOP →

Why it works: "A mid-length bob preserves the feeling of having long hair but also looks more pulled-together and sophisticated," says *Project Runway* hairstylist Peter Butler.

Now it's your turn: A bob that falls to the shoulders or collarbone flatters almost everyone. The sharp center part: not so much. "Parting the hair slightly off-center or deeply to the side helps to soften the face," Butler advises. Also, have some long layers cut all around to add texture and body. For a polished finish, apply a smoothing cream to damp hair, then blow-dry with a flat paddle brush. Afterward, use a tiny bit of shine serum to smooth flyaways.



THE UPDATE: Jessica Alba shortened her long, layered hair to a shoulder-skimming bob.

Fekkai Coiff Contrôle Ironless Straightening Balm, \$25.



THE UPDATE: Angelina Jolie swapped her long, straight hair (which can look a tad goth, even on a babe like her) for a casual but elegant ponytail.



← CHIC PONY

Why it works: "What's cool about a ponytail is that, depending on where it's positioned on the head, it changes your look from super-modern to flirty to sophisticated," says New York City hairstylist Ted Gibson. This one is secured at the middle of the back of the head—not at the crown—to keep it from looking too cheerleader-y.

Now it's your turn: If you have fine hair (like Angelina's), apply volumizing spray to dry hair at the roots and activate it with a hot blow-dryer for a minute or two to add lift. "This pony shouldn't be too coiffed," Gibson says, "so use fingers instead of a brush to gather hair back for a soft effect." Finish with a mist of light hairspray.



Ted Gibson Build It Blow Drying Agent, \$19.99.



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THE UPDATE: *Nikita* star Maggie Q transformed her naturally sleek hair into loose curls.



← SEXY WAVES

Why they work: “Wavy, beachy hair is a fun, sexy look for spring and summer,” Butler says. And it’s a major head-turner if you usually wear your hair straight.

Now it’s your turn: To protect hair and add hold, spray two- to three-inch sections of dry hair with thermal styling spray, Butler advises. “Then wrap each section around a medium-barreled curling iron, winding away from the face.” Leave the ends out of the iron to ensure a tousled, not tight, finish. Last, rub a pea-size amount of finishing cream or serum between your hands, then run them through hair to loosen the curls and enhance shine and separation.

Remington Style 1-inch curling iron, \$9.99.



BIG BANGS →

Why they work: “Strong bangs bring emphasis to the eyes and cheekbones,” says Gibson. (Besides, don’t they just look so cool?) “Bangs are youthful and more versatile than you think,” adds Gibson, who recommends styling them straight, flipping them to one side, or even wearing them soft and wavy.

Now it’s your turn: “To look sexy and not so juvenile, bangs should hit right above the eyelashes,” Gibson says. Ask your stylist to point-cut them (hold scissors vertically and chip into the ends) to create separation and movement. Blow-dry bangs when roots are still wet so natural cowlicks can’t air-dry into a wonky position. Directing the nozzle straight down, use a flat brush to sweep bangs back and forth like a windshield wiper. “This relaxes and flattens out the roots,” Butler explains. Alternatively, use a medium round brush to hold bangs at a 90-degree angle while drying “to lift and straighten them at the same time,” says Gibson. Last, rub a small amount of hair wax between fingers and then into ends to define them.



Jäneke 1830 mixed-bristle brush, \$59.



THE UPDATE: With thick, lash-skimming bangs, Lake Bell and Olivia Wilde suddenly look a little edgy (and way sexy).



Redken Structure Wax 17, \$17.

1. Based on a consumer perception study. 2. Based on a clinical test after 8 weeks.

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A breakthrough in the fight against aging. myzeno.com



COOL BLONDE ➔

Why it works: “This buttery blonde looks healthy against Emma’s fair skin because it adds warmth and prevents her from looking too washed-out,” says New York City colorist Marie Robinson. “If your complexion is pink or ruddy, a cooler ash blonde counteracts redness. A golden caramel complements the warmth of a darker complexion, and a neutral beige or sandy blonde—one that isn’t too warm or too cool—suits olive skin.”

Now it’s your turn: “Lightening a dark color this much is very taxing on the hair,” Robinson warns. Your budget will take a hit too, considering the time and money you’ll spend maintaining such a major change. Robinson recommends lifting hair color in baby steps. “Most people end up stopping at the halfway point and loving it right there.”



THE UPDATE: Colorist Marie Robinson lightened Emma Stone’s auburn locks to a “champagne blonde” for her role in the next *Spider-Man* movie.



THE UPDATE: Lauren Conrad of *The Hills* deepened her signature Cali-girl blonde for a natural brown with golden highlights.



←...OR RICH BRUNETTE

Why it works: Brown is the new blonde, darling! “It’s definitely a trend,” Robinson says. “Darker hair is glossier and, in Lauren’s case, more flattering with her skin tone. It’s sexy, healthy, and sophisticated.”

Now it’s your turn: “Add a few face-framing highlights a half-shade lighter than your allover color,” Robinson suggests. “This makes a brunette look less monochromatic and more sun-kissed.” Or go totally D.I.Y.: “If your hair is naturally light brown or dark blonde, choose an at-home shade with *suede* or *neutral brown* in the name,” Robinson says. Once you’ve done the base color, use a highlighting kit to lighten a few pieces around your face (about three on each side of your part), applying the lightener from roots to ends. Then highlight a few random strands in the back and on the sides, working “from the middle of the shaft down to create a beachy effect.”

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THE UPDATE: So long, Sasha Fierce! Unlike Beyoncé's usual va-va-voom makeup, "this clean eye is refreshing but still dressed up," says makeup artist Ashunta Sheriff.

don't forget your face

Makeup is the simplest, least scary way to make over your look. So try something new (or risk being called a beauty chicken: *bock, bock, bock, bock!*).

FRESH, NEUTRAL EYES

Now it's your turn: "A wash of sheer color on the lids has staying power because there are no dark colors that can crease," says makeup artist Ashunta Sheriff. Brush a warm champagne shadow from the lash lines up to the brows. "If you have fair skin, try a nude bisque shade; on deeper complexions, a transparent caramel brightens the eyes." Finish with dark brown liner and mascara.

L'Oréal Paris
HIP Studio
Secrets Bright
Shadow Duo
in Flare, \$7.99.



THE UPDATE: "A fresher, friendlier red gloss is easier to wear than a matte lipstick," says Goodwin, who created January Jones's polished pout.

SHEER RED LIPS

Now it's your turn: For a look like January's, Goodwin suggests filling in lips with a matte red pencil "to bond the gloss to the mouth, keep it from bleeding, and give it some depth." Next, gently buff the penciled-in lips with a cotton swab to leave a sheer stain behind, and carefully brush a richly pigmented red lip gloss on top.

Chanel Rouge
Allure Extrait
de Gloss in
Excès, \$32.



EXTRA-FLUSHED CHEEKS

Now it's your turn: Opt for a foolproof cream blush and smooth it on with your fingertips. "The warmth of your skin helps blend the color into cheeks," says Los Angeles makeup artist Rachel Goodwin.

Cover Girl & Olay Simply
Ageless Sculpting Blush
in Lush Berry, \$11.



THE UPDATE: Drew Barrymore's punchy (and very of-the-moment) coral blush "looks good on almost everyone," makeup artist Rachel Goodwin says. "It lights up the face and makes you look younger."



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Important Safety Information

Oracea® is indicated only for the treatment of inflammatory lesions (papules and pustules) of Rosacea in adult patients. You may experience

intestinal upsets, sore throat or sinus infections/sinusitis when taking Oracea®. Do not take Oracea® if you are allergic to tetracyclines. Do not take Oracea® if you are pregnant or breastfeeding. Stay out of direct or artificial sunlight. Tell your doctor if you have stomach or GI problems, kidney disease, take blood thinners, oral contraceptives, or medicine to treat acne, psoriasis or seizures.

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Brief Summary of Full Prescribing Information

INDICATIONS AND USAGE

ORACEA is indicated only for the treatment of inflammatory lesions (papules and pustules) of rosacea in adult patients.

The dosage of ORACEA differs from that of doxycycline used to treat infections. To reduce the development of resistant bacteria as well as to maintain the effectiveness of other antibacterial drugs, ORACEA should be used only as indicated.

CLINICAL PHARMACOLOGY

Pharmacokinetics

ORACEA capsules are not bioequivalent to other doxycycline products.

CONTRAINDICATIONS

This drug is contraindicated in persons who have shown hypersensitivity to doxycycline or any of the other tetracyclines.

WARNINGS

Teratogenic effects: 1) Doxycycline, like other tetracycline-class antibiotics, can cause fetal harm when administered to a pregnant woman. If any tetracycline is used during pregnancy or if the patient becomes pregnant while taking these drugs, the patient should be informed of the potential hazard to the fetus and treatment stopped immediately.

ORACEA should not be used during pregnancy (see **PRECAUTIONS: Pregnancy**).

2) The use of drugs of the tetracycline class during tooth development (last half of pregnancy, infancy, and childhood up to the age of 8 years) may cause permanent discoloration of the teeth (yellow-gray-brown). This adverse reaction is more common during long-term use of the drug but has been observed following repeated short-term courses. Enamel hypoplasia has also been reported. **Tetracycline drugs, therefore, should not be used during tooth development unless other drugs are not likely to be effective or are contraindicated.**

3) All tetracyclines form a stable calcium complex in any bone-forming tissue. A decrease in fibula growth rate has been observed in premature human infants given oral tetracycline in doses of 25 mg/kg every 6 hours. This reaction was shown to be reversible when the drug was discontinued.

Results of animal studies indicate that tetracyclines cross the placenta, are found in fetal tissues, and can cause retardation of skeletal development on the developing fetus. Evidence of embryotoxicity has been noted in animals treated early in pregnancy (see **PRECAUTIONS: Pregnancy** section).

Gastrointestinal effects: Pseudomembranous colitis has been reported with nearly all antibacterial agents and may range from mild to life-threatening. Therefore, it is important to consider this diagnosis in patients who present with diarrhea subsequent to the administration of antibacterial agents.

Treatment with antibacterial agents alters the normal flora of the colon and may permit overgrowth of clostridia. Studies indicate that a toxin produced by *Clostridium difficile* is a primary cause of "antibiotic-associated colitis."

If a diagnosis of pseudomembranous colitis has been established, therapeutic measures should be initiated. Mild cases of pseudomembranous colitis usually respond to discontinuation of the drug alone. In moderate to severe cases, consideration should be given to management with fluids and electrolytes, protein supplementation, and treatment with an antibacterial drug clinically effective against *Clostridium difficile* colitis.

Metabolic effects: The anti-anabolic action of the tetracyclines may cause an increase in BUN. While this is not a problem in those with normal renal function, in patients with significantly impaired function, higher serum levels of tetracycline-class antibiotics may lead to azotemia, hyperphosphatemia, and acidosis. If renal impairment exists, even usual oral or parenteral doses may lead to excessive systemic accumulations of the drug and possible liver toxicity. Under such conditions, lower than usual total doses are indicated, and if therapy is prolonged, serum level determinations of the drug may be advisable.

Photosensitivity: Photosensitivity manifested by an exaggerated sunburn reaction has been observed in some individuals taking tetracyclines. Although this was not observed during the duration of the clinical studies with ORACEA, patients should minimize or avoid exposure to natural or artificial sunlight (tanning beds or UVA/B treatment) while using ORACEA. If patients need to be outdoors while using ORACEA, they should wear loose-fitting clothes that protect skin from sun exposure and discuss other sun protection measures with their physician.

PRECAUTIONS

General: Safety of ORACEA beyond 9 months has not been established.

As with other antibiotic preparations, use of ORACEA may result in overgrowth of non-susceptible microorganisms, including fungi. If superinfection occurs, ORACEA should be discontinued and appropriate therapy instituted. Although not observed in clinical trials with ORACEA, the use of tetracyclines may increase the incidence of vaginal candidiasis.

ORACEA should be used with caution in patients with a history of or predisposition to candidiasis overgrowth. Bacterial resistance to tetracyclines may develop in patients using ORACEA. Because of the potential for drug-resistant bacteria to develop during the use of ORACEA, it should be used only as indicated.

Autoimmune Syndromes: Tetracyclines have been associated with the development of autoimmune syndromes. Symptoms may be manifested by fever, rash, arthralgia, and malaise. In symptomatic patients, liver function tests, ANA, CBC, and other appropriate tests should be performed to evaluate the patients. Use of all tetracycline-class drugs should be discontinued immediately.

Tissue Hyperpigmentation: Tetracycline-class antibiotics are known to cause hyperpigmentation. Tetracycline therapy may induce hyperpigmentation in many organs, including nails, bone, skin, eyes, thyroid, visceral tissue, oral cavity (teeth, mucosa, alveolar bone), sclerae and heart valves. Skin and oral pigmentation has been reported to occur independently of time or amount of drug administration, whereas oral pigmentation has been reported to occur upon prolonged administration. Skin pigmentation includes diffuse pigmentation as well as over sites of scars or injury.

Pseudotumor cerebri: Bulging fontanelles in infants and benign intracranial hypertension in adults have been reported in individuals receiving tetracyclines. These conditions disappeared when the drug was discontinued.

Laboratory Tests: Periodic laboratory evaluations of organ systems, including hematopoietic, renal and hepatic studies should be performed. Appropriate tests for autoimmune syndromes should be performed as indicated.

Drug Interactions: 1. Because tetracyclines have been shown to depress plasma prothrombin activity, patients who are on anticoagulant therapy may require downward adjustment of their anticoagulant dosage. 2. Since bacteriostatic drugs may interfere with the bactericidal action of penicillin, it is advisable to avoid giving tetracycline-class drugs in conjunction with penicillin. 3. The concurrent use of tetracycline and methoxyflurane has been reported to result in fatal renal toxicity. 4. Absorption of tetracyclines is impaired by bismuth subsalicylate, proton pump inhibitors, antacids containing aluminum, calcium or magnesium and iron-containing preparations. 5. Doxycycline may interfere with the effectiveness of low dose oral contraceptives. To avoid contraceptive failure, females are advised to use a second form of contraceptive during treatment with doxycycline. 6. There have been reports of pseudotumor cerebri (benign intracranial hypertension) associated with the concomitant use of isotretinoin and tetracyclines. Since both oral retinoids, including isotretinoin and acitretin, and the tetracyclines, primarily minocycline, can cause increased intracranial pressure, the concurrent use of an oral retinoid and a tetracycline should be avoided.

MICROBIOLOGY

The plasma concentration of doxycycline achieved with ORACEA during administration (see **DOSAGE AND ADMINISTRATION**) are less than the concentrations required to treat bacterial diseases. *In vivo* microbiological studies utilizing a similar drug exposure for up to 18 months demonstrated no detectable long-term effects on bacterial flora of the oral cavity, skin, intestinal tract, and vagina.

Carcinogenesis, Mutagenesis, Impairment of Fertility: Doxycycline was assessed for potential to induce carcinogenesis in a study in which the compound was administered to Sprague-Dawley rats by gavage at dosages of 20, 75, and 200 mg/kg/day for two years. An increased incidence of uterine polyps was observed in female rats that received 200 mg/kg/day, a dosage that resulted in a systemic exposure to doxycycline approximately 12.2 times that observed in female humans who use ORACEA (exposure comparison based upon area under the curve (AUC) values). No impact upon tumor incidence was observed in male rats at 200 mg/kg/day, or in either gender at the other dosages studied. Evidence of oncogenic activity was obtained in studies with related compounds, i.e., oxytetracycline (adrenal and pituitary tumors) and minocycline (thyroid tumors). Doxycycline demonstrated no potential to cause genetic toxicity in an *in vitro* point mutation study with mammalian cells (CHO/HGPRT forward mutation assay) or in an *in vivo* micronucleus assay conducted in CD-1 mice. However, data from an *in vitro* assay with CHO cells for potential to cause chromosomal aberrations suggest that doxycycline is a weak clastogen.

Oral administration of doxycycline to male and female Sprague-Dawley rats adversely affected fertility and reproductive performance, as evidenced by increased time for mating to occur, reduced sperm motility, velocity, and concentration, abnormal sperm morphology, and increased pre- and post-implantation losses. Doxycycline induced reproductive toxicity at all dosages that were examined in this study, as even the lowest dosage tested (50 mg/kg/day) induced a statistically significant reduction in sperm velocity. Note that 50 mg/kg/day is approximately 3.6 times the amount of doxycycline contained in the recommended daily dose of ORACEA for a 60-kg human when compared on the basis of AUC estimates. Although doxycycline impairs the fertility of rats when administered at sufficient dosage, the effect of ORACEA on human fertility is unknown.

Pregnancy: Teratogenic Effects: Pregnancy Category D. (see **WARNINGS** section). Results from animal studies indicate that doxycycline crosses the placenta and is found in fetal tissues.

Nonteratogenic effects: (see **WARNINGS** section).

Labor and Delivery: The effect of tetracyclines on labor and delivery is unknown.

Nursing Mothers: Tetracyclines are excreted in human milk. Because of the potential for serious adverse reactions in infants from doxycycline, ORACEA should not be used in mothers who breastfeed. (see **WARNINGS** section).

Pediatric Use: ORACEA should not be used in infants and children less than 8 years of age (see **WARNINGS** section). ORACEA has not been studied in children of any age with regard to safety or efficacy, therefore use in children is not recommended.

ADVERSE REACTIONS

Adverse Reactions in Clinical Trials of ORACEA: In controlled clinical trials of adult patients with mild to moderate rosacea, 537 patients received ORACEA or placebo over a 16-week period. The most frequent adverse reactions occurring in these studies are listed in the table below.

Incidence (%) of Selected Adverse Reactions in Clinical Trials of ORACEA (n=269) vs. Placebo (n=268)		
	ORACEA	Placebo
Nasopharyngitis	13 (4.8)	9 (3.4)
Pharyngolaryngeal Pain	3 (1.1)	2 (0.7)
Sinusitis	7 (2.6)	2 (0.7)
Nasal Congestion	4 (1.5)	2 (0.7)
Fungal Infection	5 (1.9)	1 (0.4)
Influenza	5 (1.9)	3 (1.1)
Diarrhea	12 (4.5)	7 (2.6)
Abdominal Pain Upper	5 (1.9)	1 (0.4)
Abdominal Pain Distention	3 (1.1)	1 (0.4)
Abdominal Pain	3 (1.1)	1 (0.4)
Stomach Discomfort	3 (1.1)	2 (0.7)

Note: Percentages based on total number of study participants in each treatment group.

Adverse Reactions for Tetracyclines: The following adverse reactions have been observed in patients receiving tetracyclines at higher, antimicrobial doses:

Gastrointestinal: anorexia, nausea, vomiting, diarrhea, glossitis, dysphagia, enterocolitis, and inflammatory lesions (with vaginal candidiasis) in the anogenital region. Hepatotoxicity has been reported rarely. Rare instances of esophagitis and esophageal ulcerations have been reported in patients receiving the capsule forms of the drugs in the tetracycline class. Most of the patients experiencing esophagitis and/or esophageal ulceration took their medication immediately before lying down. (see **DOSAGE AND ADMINISTRATION** section). Skin: maculopapular and erythematous rashes. Exfoliative dermatitis has been reported but is uncommon. Photosensitivity is discussed above. (see **WARNINGS** section).

Renal toxicity: Rise in BUN has been reported and is apparently dose-related. (see **WARNINGS** section).

Hypersensitivity reactions: urticaria, angioneurotic edema, anaphylaxis, anaphylactoid purpura, serum sickness, pericarditis, and exacerbation of systemic lupus erythematosus.

Blood: Hemolytic anemia, thrombocytopenia, neutropenia, and eosinophilia have been reported.

OVERDOSAGE:

In case of overdosage, discontinue medication, treat symptomatically, and institute supportive measures. Dialysis does not alter serum half-life and thus would not be of benefit in treating cases of overdosage.

DOSAGE AND ADMINISTRATION

THE DOSAGE OF ORACEA DIFFERS FROM THAT OF DOXYCYCLINE USED TO TREAT INFECTIONS. EXCEEDING THE RECOMMENDED DOSAGE MAY RESULT IN AN INCREASED INCIDENCE OF SIDE EFFECTS INCLUDING THE DEVELOPMENT OF RESISTANT MICROORGANISMS.

One ORACEA capsule (40 mg) should be taken once daily in the morning on an empty stomach, preferably at least one hour prior to or two hours after meals.

Efficacy beyond 16 weeks and safety beyond 9 months have not been established.

Administration of adequate amounts of fluid along with the capsules is recommended to wash down the capsule to reduce the risk of esophageal irritation and ulceration. (see **ADVERSE REACTIONS** section).

HOW SUPPLIED

ORACEA (beige opaque capsule printed with GLD 40) containing doxycycline, USP in an amount equivalent to 40 mg of anhydrous doxycycline. Bottle of 30 (NDC 0299-3822-30).

Storage: All products are to be stored at controlled room temperatures of 15°C - 30°C (59°F - 86°F) and dispensed in light-resistant containers (USP). Keep out of reach of children.

Patent Information: U.S. Patents 5,789,395; 5,919,775; 7,232,572; 7,211,267 and patents pending.

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When you're jealous of a Chia Pet, it's time to call in the experts.

Q

My hair is coming out by the handful. Help!

A



THE DERMATOLOGIST SAYS:

"Hair loss starts earlier for women than men, and the patterns are different. Men recede at their temples, and women tend to lose in the crown; you often

Doris J. Day, M.D., a New York City dermatologist and clinical assistant professor of dermatology at New York University Langone Medical Center

notice it as a widening of your part." To battle the bare spots, says Day, "I recommend Viviscal over-the-counter supplements and Women's Rogaine—but not if you're nursing or pregnant—to stimulate growth and prevent additional loss, along with low-level laser therapy." (Day uses the IllumiWave laser.) Stress is another major culprit in hair loss, and in these instances, thinning typically starts about three months after the emotional or physical stressor and lasts three to four months. Though scary, "it's really a shedding, and the hair does grow back when things normalize," Day assures.

A



THE ENDOCRINOLOGIST SAYS:

"A dip in estrogen can cause hair loss in some women. The most common times I see this are the 20s and 30s, when women temporarily shed

Geoffrey P. Redmond, M.D., a New York City endocrinologist specializing in women's hormone problems

hair after pregnancy, and in the mid-40s or later, as estrogen levels drop." Polycystic ovarian syndrome can cause thinning too. Though blood tests will confirm the cause, diagnosis begins with an examination of the hair-loss pattern: Hormonal imbalances lead to diffuse thinning at the crown or temples, while immune-system problems such as alopecia areata create bald spots. Some treatments counteract the loss by blocking testosterone or enhancing estrogen, but every case is different, so see your doctor for a custom plan.

A



THE HAIRSTYLIST SAYS:

"When I'm working on thinning hair, I dirty it up with putty or pomade to make it a bit sticky; then I apply translucent dry shampoo to thicken strands from

Creighton Bowman, hairstylist to **Helen Mirren, Renée Zellweger,** and **Megan Fox**

roots to ends. René Furterer's Tonucia mousse on towel-dried hair is fantastic for thickening too." Another easy fix: hair extensions. "They're clip-in, you can buy them in any color, and they're the secret to everyone's red-carpet look," Bowman says. To apply, create a horizontal part from temple to temple across the back of your head, then tease hair below the part to give clips a non-slippery anchor. ("No girl wants her weave falling off on the dance floor.") To camouflage the part above your clip-ins, Bowman suggests brushing eyeshadow the color of your hair onto your scalp.

—LAUREN OSTER

STRAND SAVERS



Viviscal Extra Strength Hair Nutrient Tablets, \$49.99 for a 30-day supply.



Women's Rogaine Hair Regrowth Treatment, \$49.95 for a 3-month treatment.



Oscar Blandi Pronto Dry Shampoo Spray, \$21.



René Furterer Tonucia Fortifying and Densifying Mousse, \$26.



Clip-in hair: It can fill out what you've got, as every celeb knows.

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7 NEW VARIETIES

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HEALTHY YOU GUY KIDS

STAY-WELL NEWS FOR YOU AND EVERYONE YOU LOVE

18 symptoms you should never ignore

Like it or not, in most families, Mom is the honorary doctor. No credentials, no white coat, and yet your kids and husband come to you first with a sore throat or a weird bump, and you decide whether

to administer a kiss and a few aspirin or dial your M.D. As good as your diagnostic skills are, it's easy to miss something—especially in yourself. So we asked 15 doctors, across all the main specialties, which red flags are often overlooked. Spot one of these signs in yourself, your kids, or your partner and you'll know it's time to call in the pros. By Beth Janes



Who's sick?

Women, men, and kids have different health issues. Look for these icons next to each symptom to see who is most at risk.



1. TROUBLE DROPPING POUNDS

Not trouble as in “I couldn’t resist that third slice of pizza”—trouble like you’ve been exercising more and eating less for months but the scale hasn’t budged. In that case, your hormones may be working against you, and you need a doc, not more willpower, to fix them. Difficulty losing weight is a common symptom of polycystic ovarian syndrome, a hormonal imbalance that as many as one in 10 women have. It starts at puberty but often goes undiagnosed for years; it can take a decade or more before you notice gradually worsening symptoms like stubborn adult acne, extra facial hair, irregular periods, fertility trouble, or thinning hair on your head. An ob/gyn or endocrinologist can diagnose it with a few tests and sometimes an ultrasound. The right meds, plus a doctor-approved diet and exercise regimen, can often reverse the negative effects, including extra weight.



3. FEELING REALLY, REALLY THIRSTY

Excessive thirst and peeing all the time (possibly coupled with unexplained weight loss) are blaring warning signs of type 2 diabetes in adults and juvenile diabetes in kids, which often pops up around puberty, says Elizabeth Seaquist, M.D., a professor of endocrinology at the University of Minnesota Medical School. Diabetes in grown-ups

and kids is serious business. Not only does it more than double a person’s risk of heart disease, but it can also lead to stroke, blindness, and even some cancers. Rates of type 2 diabetes have gotten so high that a recent study warned that if Americans don’t start exercising and losing weight, a whopping 50 percent of adults will have the disease or pre-diabetes by 2020.

2. A STIFF NECK

You might get a crick in your neck from long hours at the office, but if your kid has a sore, stiff neck, plus a high fever and headache, drop everything and go to the ER. Meningitis, an infection that leads to inflammation around the brain and spinal cord, is rare but dangerous. “One minute you think your kid has the flu; the next she’s comatose,” says Sandra A. Fryhofer, M.D., past president of the American College of Physicians. “But if your child can look up at the ceiling, down at his toes and isn’t bothered by light, he probably doesn’t have it,” adds Ari Brown, M.D., a pediatrician in Austin, TX. Preteens are routinely vaccinated, but protocols have changed. “We used to think the vaccine lasted 10 years; now we know it’s only five, so kids need a booster before college,” Fryhofer says. Any child can contract the bug, but high school and college students are most prone because they share everything—drinks, kisses, clothes, you name it.

4. WEIRD TESTICLE CHANGES

Men have a reputation for being obsessed with sex, but when it comes to sex *organs*, most could be a little more attentive. “Men should be watching for changes, pain, or lumps in their testicles,” says S. Adam Ramin, M.D., a urologist in Los Angeles. Encourage him to check for swelling and tenderness—signs of testicular cancer. Seventy-five percent of cases occur in men between the ages of 20 and 45.



Still trying to get ahead of your cloud of depression?

If you've been on an antidepressant for at least six weeks and still have unresolved symptoms of depression, ask your doctor about adding **SEROQUEL XR**.

Important Safety Information About SEROQUEL XR

Elderly patients with dementia-related psychosis (having lost touch with reality due to confusion and memory loss) treated with this type of medicine are at an increased risk of death, compared to placebo (sugar pill). SEROQUEL XR is not approved for treating these patients.

Antidepressants have increased the risk of suicidal thoughts and actions in some children, teenagers, and young adults. Patients of all ages starting treatment should be watched closely for worsening of depression, suicidal thoughts or actions, unusual changes in behavior, agitation, and irritability. Patients, families, and caregivers should pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed. These symptoms should be reported immediately to the doctor. SEROQUEL XR is not approved for patients under the age of 18 years.

- Stop SEROQUEL XR and call your doctor right away if you have very high fever; stiff muscles; shaking; confusion; sweating; changes in pulse, heart rate, or blood pressure; or muscle pain and weakness, as these may be signs of a rare, but potentially fatal, side effect called neuroleptic malignant syndrome (NMS)
- If you have diabetes or risk factors such as obesity or a family history of diabetes, your doctor should check your blood sugar before you start taking SEROQUEL XR and also during therapy. If you develop symptoms of high blood sugar or diabetes, such as excessive thirst or hunger, increased urination, or weakness, contact your doctor. Complications from diabetes can be serious and even life threatening
- Increases in triglycerides and in LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported with SEROQUEL XR. Your doctor should check your cholesterol levels before you start SEROQUEL XR and during therapy
- Weight gain has been reported with SEROQUEL XR. Your doctor should check your weight regularly
- Tell your doctor about any movements you cannot control in your face, tongue, or other body parts, as they may be signs of a serious condition called tardive dyskinesia (TD). TD may not go away, even if you stop taking SEROQUEL XR. TD may also start after you stop taking SEROQUEL XR

- Tell your doctor if you have a history of low white blood cell count or seizures. Your doctor should check for cataracts. Other risks include feeling dizzy or lightheaded upon standing, decreases in white blood cells (which can be fatal), drowsiness, impaired judgment, and trouble swallowing
- Use caution before driving or operating machinery until you know that you can do so safely. Avoid alcohol while taking SEROQUEL XR
- The most common side effects are drowsiness, dry mouth, constipation, dizziness, increased appetite, upset stomach, weight gain, fatigue, disturbance in speech and language, and stuffy nose

This is not a complete summary of safety information about prescription SEROQUEL XR.

Indication

SEROQUEL XR is a once-daily tablet approved in adults for add-on treatment to an antidepressant for patients with major depressive disorder (MDD) who did not have an adequate response to antidepressant therapy.

Please read the Brief Summary of Important Information about SEROQUEL XR on the next two pages.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

For more information, visit SeroquelXR.com or call 1-800-4-SEROQUELXR.

If you're without prescription coverage and can't afford your medication, AstraZeneca may be able to help. For more information, please visit AstraZeneca-us.com.

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quetiapine fumarate
extended-release tablets

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IMPORTANT INFORMATION ABOUT SEROQUEL XR (SER-oh-kwell)

Please read this summary carefully before you start taking SEROQUEL XR and each time you get a refill. There may be new information.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

What is the most important information I should know about SEROQUEL XR?

Serious side effects may happen when you take SEROQUEL XR, including:

- **Risk of death in the elderly with dementia:** Medicines like SEROQUEL XR can raise the risk of death in elderly people who have lost touch with reality due to confusion and memory loss (dementia). SEROQUEL XR is not approved for treating psychosis in the elderly with dementia.
- **Risk of suicidal thoughts or actions:** Antidepressant medicines, depression and other serious mental illnesses, and suicidal thoughts or actions:
 1. Antidepressant medicines may increase suicidal thoughts or actions in some children, teenagers, and young adults within the first few months of treatment.
 2. Depression and other serious mental illnesses are the most important causes of suicidal thoughts and actions. Some people may have a particularly high risk of having suicidal thoughts or actions. These include people who have (or have a family history of) depression, bipolar illness (also called manic-depressive illness), or suicidal thoughts or actions.
 3. How can I watch for and try to prevent suicidal thoughts and actions in myself or a family member?
 - Pay close attention to any changes, especially sudden changes, in mood, behaviors, thoughts, or feelings. This is very important when an antidepressant medicine is started or when the dose is changed.
 - Call the health care provider right away to report new or sudden changes in mood, behaviors, thoughts, or feelings.
 - Keep all follow-up visits with the health care provider as scheduled. Call the health care provider between visits as needed, especially if you have concerns about symptoms.

Call a health care provider right away if you or your family member has any of the following symptoms, especially if they are new, worse, or worry you:

- thoughts about suicide or dying
- attempts to commit suicide
- new or worse depression
- new or worse anxiety
- feeling very agitated or restless

- panic attacks
- trouble sleeping (insomnia)
- new or worse irritability
- acting aggressive, being angry, or violent
- acting on dangerous impulses
- an extreme increase in activity and talking (mania)
- other unusual changes in behavior or mood

What else do I need to know about antidepressant medicines?

- **Never stop an antidepressant medicine without first talking to your health care provider.** Stopping an antidepressant medicine suddenly can cause other symptoms.
- **Antidepressants are medicines used to treat depression and other illnesses.** It is important to discuss all the risks of treating depression and also the risks of not treating it. Patients and their families or other caregivers should discuss all treatment choices with the health care provider, not just the use of antidepressants.
- **Antidepressant medicines have other side effects.** Talk to the health care provider about the side effects of the medicine prescribed for you or your family member.
- **Antidepressant medicines can interact with other medicines.** Know all of the medicines that you or your family member take. Keep a list of all medicines to show the health care provider. Do not start new medicines without first checking with your health care provider.
- **Not all antidepressant medicines prescribed for children are FDA approved for use in children.** Talk to your child's health care provider for more information.

What is SEROQUEL XR?

SEROQUEL XR is a prescription medicine used to treat major depressive disorder as add-on treatment with antidepressant medicines when your doctor determines that one antidepressant alone is not enough to treat your depression.

SEROQUEL XR is not approved for patients under 18 years of age.

What are the symptoms of major depressive disorder (MDD)?

- Feeling of sadness, emptiness, and increased tearfulness
- Loss of interest in activities that you once enjoyed and loss of energy
- Problems focusing and making decisions
- Feeling of worthlessness or guilt
- Changes in sleep or eating patterns
- Thoughts of death or suicide
- MDD symptoms last most of the day, nearly every day for at least two weeks, and interfere with daily life at home and at work

What should I tell my health care provider before taking SEROQUEL XR?

Before taking SEROQUEL XR, tell your health care provider if you have or have had

- diabetes or high blood sugar in you or your family: your health care provider should check your blood sugar before you start SEROQUEL XR and also during therapy
- high levels of total cholesterol, triglycerides or LDL-cholesterol or low levels of HDL-cholesterol
- low or high blood pressure
- low white blood cell count
- cataracts
- seizures
- abnormal thyroid tests
- high prolactin levels
- heart problems
- liver problems
- any other medical condition
- pregnancy or plans to become pregnant. It is not known if SEROQUEL XR will harm your unborn baby
- breast-feeding or plans to breast-feed. It is not known if SEROQUEL XR will pass into your breast milk. You and your health care provider should decide if you will take SEROQUEL XR or breast-feed. You should not do both

Tell the health care provider about all the medicines that you take or recently have taken including prescription medicines, nonprescription medicines, herbal supplements and vitamins.

SEROQUEL XR and other medicines may affect each other causing serious side effects. SEROQUEL XR may affect the way other medicines work, and other medicines may affect how SEROQUEL XR works.

Especially tell your health care provider if you take or plan to take medicines for:

- depression
- high blood pressure
- Parkinson's disease
- trouble sleeping

Also tell your health care provider if you take or plan to take any of these medicines:

- phenytoin, divalproex or carbamazepine (for epilepsy)
- barbiturates (to help you sleep)
- rifampin (for tuberculosis)
- glucocorticoids (steroids for inflammation)
- thioridazine (an antipsychotic)
- ketoconazole, fluconazole or itraconazole (for fungal infections)
- erythromycin (an antibiotic)
- protease inhibitors (for HIV)

This is not a complete list of medicines that can affect or be affected by SEROQUEL XR. Your doctor can tell you if it is safe to take SEROQUEL XR with your other medicines. Do not start or stop any medicines while taking SEROQUEL XR without talking to your health care provider first. Know the medicines you take. Keep a list of your medicines to show your health care provider and pharmacist when you get a new medicine.

Tell your health care provider if you are having a urine drug screen because SEROQUEL XR may affect your test results. Tell those giving the test that you are taking SEROQUEL XR.

For more information about SEROQUEL XR, visit www.SEROQUELXR.com or call 1-800-236-9933.

SEROQUELXR®
quetiapine fumarate
extended-release tablets
50, 150, 200, 300 & 400 mg

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How should I take SEROQUEL XR?

- Take SEROQUEL XR exactly as your health care provider tells you to take it. Do not change the dose yourself.
- Take SEROQUEL XR by mouth, with a light meal or without food.
- SEROQUEL XR should be swallowed whole and not split, chewed or crushed.
- If you feel you need to stop SEROQUEL XR, talk with your health care provider first.

If you suddenly stop taking SEROQUEL XR, you may experience side effects such as trouble sleeping or trouble staying asleep (insomnia), nausea, and vomiting.

- If you miss a dose, take it as soon as you remember. If it is close to the next dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time unless your health care provider tells you to. If you are not sure about your dosing, call your health care provider.
- If you take too much SEROQUEL XR, call your health care provider or poison control center at 1-800-222-1222 right away or go to the nearest hospital emergency room.

What should I avoid while taking SEROQUEL XR?

Do not drive, operate machinery, or do other dangerous activities until you know how SEROQUEL XR affects you. SEROQUEL XR may make you drowsy.

- Avoid getting overheated or dehydrated.
 - Do not over-exercise.
 - In hot weather, stay inside in a cool place if possible.
 - Stay out of the sun. Do not wear too much or heavy clothing.
 - Drink plenty of water.
- Do not drink alcohol while taking SEROQUEL XR. It may make some side effects of SEROQUEL XR worse.

What are possible side effects of SEROQUEL XR?

Also see "What is the most important information I should know about SEROQUEL XR?" at the beginning of this document.

Serious side effects have been reported with SEROQUEL XR including:

- **Neuroleptic malignant syndrome (NMS):** Tell your health care provider right away if you have some or all of the following symptoms: high fever, stiff muscles, confusion, sweating, changes in pulse, heart rate, and blood pressure. These may be symptoms of a rare and serious condition that can lead to death. Stop SEROQUEL XR and call your health care provider right away

- **High blood sugar (hyperglycemia):** Increases in blood sugar can happen in some people who take SEROQUEL XR. Extremely high blood sugar can lead to coma or death. If you have diabetes or risk factors for diabetes (such as being overweight or a family history of diabetes) your health care provider should check your blood sugar before you start SEROQUEL XR and during therapy. Call your health care provider if you have any of these symptoms of high blood sugar while taking SEROQUEL XR
 - feel very thirsty
 - need to urinate more than usual
 - feel very hungry
 - feel weak or tired
 - feel sick to your stomach
 - feel confused, or your breath smells fruity
- **High cholesterol and triglyceride levels in the blood (fat in the blood):** Increases in total cholesterol, triglycerides and LDL (bad) cholesterol and decreases in HDL (good) cholesterol have been reported in clinical trials with SEROQUEL XR. You may not have any symptoms, so your health care provider should do blood tests to check your cholesterol and triglyceride levels before you start taking SEROQUEL XR and during therapy
- **Increase in weight (weight gain):** Weight gain has been seen in patients who take SEROQUEL XR so you and your health care provider should check your weight regularly
- **Tardive dyskinesia:** Tell your health care provider about any movements you cannot control in your face, tongue, or other body parts. These may be signs of a serious condition. Tardive dyskinesia may not go away, even if you stop taking SEROQUEL XR. Tardive dyskinesia may also start after you stop taking SEROQUEL XR
- **Orthostatic hypotension (decreased blood pressure):** lightheadedness or fainting caused by a sudden change in heart rate and blood pressure when rising too quickly from a sitting or lying position
- **Increases in blood pressure:** reported in children and teenagers. Your health care provider should check blood pressure in children and adolescents before starting SEROQUEL XR and during therapy. SEROQUEL XR is not approved for patients under 18 years of age
- **Low white blood cell count**
- **Cataracts**
- **Seizures**
- **Abnormal thyroid tests:** Your health care provider may do blood tests to check your thyroid hormone level
- **Increases in prolactin levels:** Your health care provider may do blood tests to check your prolactin levels
- **Increases in liver enzymes:** Your health care provider may do blood tests to check your liver enzyme levels
- **Long lasting and painful erection**
- **Difficulty swallowing**

Common possible side effects with SEROQUEL XR include:

- drowsiness
- dry mouth
- constipation
- dizziness
- increased appetite
- upset stomach
- weight gain
- fatigue
- disturbance in speech and language
- stuffy nose

These are not all the possible side effects of SEROQUEL XR. For more information, ask your health care provider or pharmacist.

Call your health care provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store SEROQUEL XR?

- Store SEROQUEL XR at room temperature, between 59°F to 86°F (15°C to 30°C)
- Keep SEROQUEL XR and all medicines out of the reach of children

What are the ingredients in SEROQUEL XR?

Active ingredient: quetiapine fumarate

Inactive ingredients: lactose monohydrate, microcrystalline cellulose, sodium citrate, hypromellose, and magnesium stearate. The film coating for all SEROQUEL XR tablets contain hypromellose, polyethylene glycol 400 and titanium dioxide. In addition, yellow iron oxide (50, 200 and 300 mg tablets) and red iron oxide (50 mg tablets) are included in the film coating of specific strengths.

General information about SEROQUEL XR

Do not take SEROQUEL XR unless your health care provider has prescribed it for you for your condition. Do not share SEROQUEL XR with other people, even if they have the same condition. It may harm them.

NOTE: This summary provides important information about SEROQUEL XR. For more information about SEROQUEL XR, talk with your health care provider or pharmacist or call 1-800-236-9933. You can ask your health care provider for full Prescribing Information about SEROQUEL XR that is written for health care providers and discuss it with him or her.

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5. OUCH, HEARTBURN!

Reaching for an antacid after a rich meal is common, but if you or your husband need them at least once a week, see your doctor. Stomach acids that continually gurgle up can form scar tissue in your esophagus and increase your chances of esophageal cancer, says Susan Blum, M.D., of Rye Brook, NY. A doctor may prescribe a proton-pump inhibitor, such as Nexium or Prilosec, as a temporary fix, but it's key to address any underlying causes like stress, diet, or weight.



6. REAL TROUBLE BOUNCING BACK FROM DISAPPOINTMENT

Does a breakup send your teen reeling for months? Does your guy fly off the handle over a Starbucks order snafu? Could a friend's canceling plans leave you distraught for the rest of the day? A lack of resilience or over-reacting are subtle signs of depression that people often write off as stress or typical teenage drama. "A lot of people don't realize they're depressed, especially in the early stages," says New York City psychotherapist Jill Muir-Sukenick, Ph.D. Although teens (and sometimes grown men!) are dramatic by nature, trust your gut if a reaction seems over the top. The longer a depressed person goes without seeing a doctor or therapist, the deeper they can dig themselves into it—and the harder it will be to climb out. In terms of treatment, exercise may help mild depression, but a combo of medication and therapy is best for moderate and severe cases.



7. BLEEDING GUMS

Receding gums and bad breath aren't the only things you need to worry about when you see blood on your toothbrush; several studies link gum problems with heart disease, stroke, and arthritis. "The inflammatory response from gum disease may increase harmful chemicals circulating in your body," notes Donald Clem, D.D.S., of Fullerton, CA, president of the American Academy of Periodontology. Gum disease is more of an issue for adults, but kids with poor diets and brushing habits are at risk too. A good rule for the whole family: If you see red, "stop!" and see your dentist.

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PRINCESS THINKS HER STUFF DOESN'T STINK.





8. BLURRY VISION

Can't quite make out the fine print? Before you give in and buy drugstore specs, have your eyes checked. Though changes in close vision are normal as we age, blurred vision or a sudden change in eyesight can be an early sign of diabetes, high blood pressure, cataracts, or a retinal disorder, says Zac B. Ravage, M.D., assistant professor of ophthalmology at Rush University Medical Center in Chicago. In addition to blurriness, see your doc if you regularly see flashes and floaters—glints of light out of nowhere or spots that waft past your sight line.



9. AN "UGLY-DUCKLING" MOLE OR SPOT

You know the *Sesame Street* song that goes "one of these things is not like the others"? If that applies to a mole or freckle, seeing a dermatologist soon could save your life or your husband's. "If most of your spots are light brown and you see one that's pink or black, or if most are tiny yet one is much bigger, that's the one to worry about," says Steven Q. Wang, M.D., author of *Beating Melanoma* and a dermatologist at Memorial Sloan-Kettering Cancer Center in New York City. And it's more important than ever to be vigilant: Incidence of potentially deadly melanoma has jumped 30 percent in the last 10 years, with rates in young women growing at an even faster clip. In women, hot spots for this skin cancer tend to be the torso and legs. For guys, keep an eye on the back and chest. And even if you don't have any weird moles, scheduling an annual skin check with your dermatologist is a good idea, Wang says.

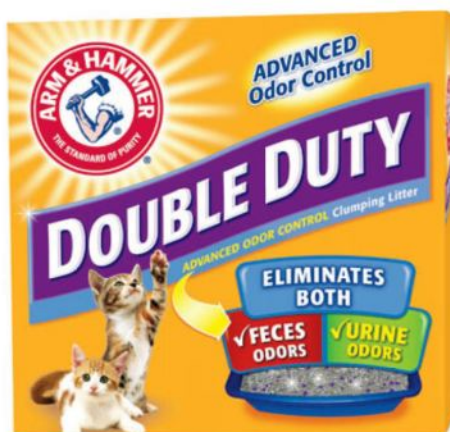


Also see a dermatologist ASAP about any mole that is larger than a pencil eraser or has irregular edges, like this one.

THANKS TO THE AMAZING LITTER SECRET THAT DESTROYS URINE AND FECES ODOR, SHE'S RIGHT.

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THE DRIVING DIARIES



Spring is here and not a moment too soon! And while you're busy cleaning out your closets and garage, don't forget to add your car to the list. Getting your vehicle in shape now will undo the damage of winter and get you ready for the busy spring driving season. With over 13,000 locations nationwide, it's easy to get your car ready for spring with the help of a NAPA AutoCare Center in your area. Our REDBOOK Merchandising Editors share how they spend their time in the car when the weather gets warmer—plus they give their top NAPA Car Care tips for spring.

.....Tips for Spring Travel.....

1



Robyn M.

"My boys play every sport you can imagine—soccer, baseball, tennis—so in the spring we spend a lot of time in the car shuttling back and forth to practice and games. My car is always packed with everything from snacks to extra clothes to sports equipment, so I'm prepared for any situation!"

NAPA Car Care Tip

If you're spending a lot of time in the car this spring, now is a good time to change your air filter. Your car's air filter prevents dust and other debris from getting into the engine's running parts, meaning less efficient use of gas and weaker engine performance. Ask your NAPA AutoCare Technician to thoroughly check the filter.

2



Alison F.

"When it gets warmer outside, my husband and I love to go on weekend getaways. We take turns choosing the perfect location, jump in the car, and go! Since we really only drive the car on the weekends, we always make sure it's in working order before one of our trips."

NAPA Car Care Tip

When you're not using your vehicle regularly, you want to make sure your engine is in tip-top shape to avoid any problems. A poorly tuned engine can reduce fuel efficiency, so it's important to get a tune-up once a year. With NAPA's exclusive Peace of Mind Warranty, you can be sure that qualifying services and repairs will be free from defects for 12 months or 12,000 miles.

3



Morgan B.

"Winter is always tough—with all the snow and ice, I don't drive my car as often. But it's vital that I change my oil and other vehicle fluids regularly so I don't have any problems when the weather changes. I definitely spend more time in my car in the spring, whether it's a quick trip to the mall or a road trip with my girlfriends, so I want to make certain it will get me there safely."

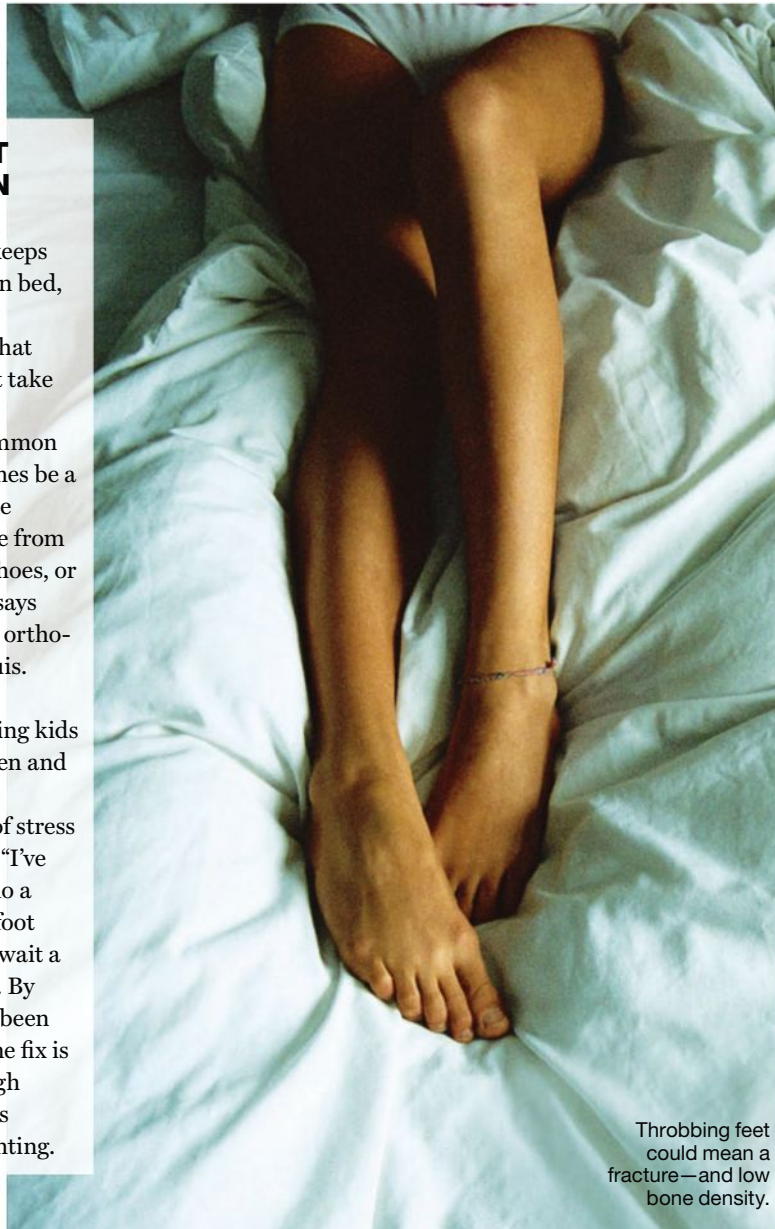
NAPA Car Care Tip

It's a fact that preventive maintenance is the basic ingredient to a long-lived, reliable vehicle. And the most important part of maintaining your car is changing your engine oil "on schedule." Ask your NAPA AutoCare Technician to determine what schedule works best for your car, because proper maintenance provides reliability, longevity, and peace of mind.

To find a NAPA AutoCare Center in your area, visit www.NAPAAutoCare.com now.

10. A PAIN THAT GOES THROB IN THE NIGHT

If your foot is sore and keeps pounding once you get in bed, you could have a stress fracture, a small crack that occurs when bones can't take the force of a repetitive movement. It's most common in feet, and can sometimes be a warning sign of low bone density. "You can get one from wearing unsupportive shoes, or just too much activity," says Lisa Cannada, M.D., an orthopedic surgeon in St. Louis. Your weekend-warrior husband and sports-loving kids are at risk too, but women and athletes are most prone because of the amount of stress they put on their bones. "I've seen too many women do a charity walk, and their foot starts hurting, but they wait a month to see the doctor. By then, more damage has been done," Cannada says. The fix is usually just rest, although some more serious stress fractures may need splinting.



Throbbing feet could mean a fracture—and low bone density.

12. A POT BELLY

That little beer gut you kid him about isn't necessarily benign: A waist larger than 40 inches for men, or 35 inches for women, doubles the risk of dying of a heart attack or stroke. "Abdominal fat changes the way our bodies work in profound ways," says Elizabeth Klodas, M.D., a Minneapolis cardiologist. Unlike fat that collects just under the skin, some abdominal fat sits deeper, hugging organs and producing hormones and other substances that increase the risk of heart disease, diabetes, some cancers, and dementia. Scarier still, one European study of more than 300,000 people showed that a tubby tummy nearly doubles the risk of dying, regardless of other factors, like total body weight. "This type of fat accumulation is a health emergency," Klodas says. A good place to start de-jellying a belly: Ditch empty calories from sodas, sports drinks, and beer. Research shows that beer lovers' nightly lagers really *do* cause a big ol' belly.

ASK THE DOCTORS

11. TOO-QUICK BREATHING

You're unlikely to ignore a kid who is loudly wheezing, but that's not the only sign of potentially life-threatening respiratory distress. An elevated breathing rate is the first, says pediatrician Jim Sears, M.D. To measure your child's breathing rate, count how many breaths he takes in 60 seconds. If it's over the cutoff for your child's age (60 for babies under 3 months, 50 for babies 3 to 12 months, 40 for kids 1 to 5, 30 for kids 5 to 12, 20 for teens), call the doctor right away and insist on a same-day appointment.



Jim Sears, M.D., is a pediatrician and cohost of the syndicated medical talk show *The Doctors* (check local listings).



13. ERECTION ISSUES

Talking with your husband about his erections, or lack thereof, can be awkward. Ignoring an issue, though, is worse, because “erectile problems can be the initial symptom of life-threatening diseases such as heart disease, hypertension, diabetes, and even spinal cord problems,” says urologist S. Adam Ramin, M.D. Low testosterone, thyroid disorders, and depression can also meddle with his member. An occasional lack of bodily cooperation is normal, but if it happens more than half the time, set up a doctor visit.



14. LOUD SNORING

An elbow to the ribs might effectively stop your man's incessant *gggggghhhh* (or yours), but that's no reason to ignore it. Like a foghorn at sea, snoring is a warning call—of a pretty serious condition called sleep apnea, in which the airway becomes temporarily blocked, disrupting deep sleep. “People with apnea have higher blood pressure and an increased risk of heart attack and depression too,” says cardiologist Elizabeth Klodas. They're also twice as likely to get into a car crash due to sleepiness. Losing weight can cure it, and treatments like dental retainers and breathing masks can help lessen symptoms. (Sorry, those snore sprays and other “miracle” cures usually don't work, Klodas says.)



15. LACK OF EYE CONTACT FROM YOUR LITTLE ONE

A child can show signs of autism long before you'd be able to spot well-known symptoms like delayed speech and social skills. One of the first: not holding your gaze. “Typically-developing infants as young as 2 months old will try to engage and connect with you through eye contact, smiling, and cooing,” says pediatrician Ari Brown, M.D. “Babies with autism aren't interested in interaction. Parents describe them as ‘being in their own world.’” If this sounds familiar, don't wait and worry; call the pediatrician. “Children who are identified as autistic earlier and receive intensive therapy tend to have the best outcomes in the long run,” she says.

FROM TOP: FUSE/GETTY IMAGES, CAVAN IMAGES/GETTY IMAGES.

Get one month of SYMBICORT FREE!*

This is a limited-time offer, so if your doctor decides SYMBICORT is right for you, take your prescription along with this voucher to your pharmacist. It's that easy!

FOR THE PHARMACIST:

For reimbursement, please submit to **Patient Choice**. The information below should be used when submitting for reimbursement. For questions, please call the Help Desk at 1-800-422-5604.

pskw

Emglen
Patient Choice

BIN# 004682 GRP# EV57003026
PCN# CN ID#: 412477576405

OFFER EXPIRES: 12/31/2011.

For new SYMBICORT patients only. Not valid on refills.

* Subject to eligibility rules. Restrictions apply.

Patient Instructions: Present this free trial offer to your pharmacist, along with a valid prescription to receive a free 30-day supply (1 inhaler) of SYMBICORT.

Eligibility: This offer is good for eligible patients who have commercial insurance, pay cash, or participate in government programs (eg, Medicare, Medicaid, TRICARE, or other federal or state government programs). This offer is also good for eligible patients who reside in Massachusetts. This offer may not be used for any other product. This offer may not be combined with any other free trial, coupon, discount, prescription savings card, or other offer. Valid only at retail pharmacies; no mail order. No claim for payment can be made to ANY third-party payer for product dispensed pursuant to this offer. Not valid if reproduced. Prescriber ID# required on prescription. Void where prohibited by law, taxed, or restricted. This offer is valid only for product manufactured for AstraZeneca Pharmaceuticals, LP and lawfully purchased from an authorized retailer or distributor in the United States. This offer may be changed or discontinued at any time without notice. One free trial offer per person. The prescription must be new, refills are not eligible. If you have any questions regarding this offer, please call 1-800-236-9933.

Please see Important Safety Information on the following pages, and discuss with your doctor.

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Symbicort
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

IS YOUR **ASTHMA** WELL CONTROLLED?

Take this Asthma Control Test™ (ACT) and discuss the result with your doctor.

Fill in the circle that best describes your answer to each question. For your total score, add up the point values of your responses to all 5 questions. If your score is 19 or below, your asthma may not be well controlled. Talk to your healthcare professional about your asthma score. All questions refer to the past 4 weeks. While this assessment is not a substitute for a healthcare professional's judgment, diagnosis, or advice, it is a private tool to help you and your doctor determine your level of asthma control and the impact asthma has on you.

How much of the time did your asthma keep you from getting as much done at work, school or at home?

- ☐ All of the time (1 pt)
- ☐ Most of the time (2 pt)
- ☐ Some of the time (3 pt)
- ☐ A little of the time (4 pt)
- ☐ None of the time (5 pt)

How often have you had shortness of breath?

- ☐ More than once a day (1 pt)
- ☐ Once a day (2 pt)
- ☐ 3 to 6 times a week (3 pt)
- ☐ Once or twice a week (4 pt)
- ☐ Not at all (5 pt)

How often have you used your rescue inhaler or nebulizer medication (such as albuterol)?

- ☐ 3 or more times per day (1 pt)
- ☐ 1 or 2 times per day (2 pt)
- ☐ 2 or 3 times per week (3 pt)
- ☐ Once a week or less (4 pt)
- ☐ Not at all (5 pt)

How would you rate your asthma control?

- ☐ Not controlled at all (1 pt)
- ☐ Poorly controlled (2 pt)
- ☐ Somewhat controlled (3 pt)
- ☐ Well controlled (4 pt)
- ☐ Completely controlled (5 pt)

How often did your asthma symptoms (wheezing, coughing, shortness of breath, chest tightness or pain) wake you up at night or earlier than usual in the morning?

- ☐ 4 or more nights a week (1 pt)
- ☐ 2 or 3 nights a week (2 pt)
- ☐ Once a week (3 pt)
- ☐ Once or twice (4 pt)
- ☐ Not at all (5 pt)

TOTAL SCORE:

Now discuss this result with your doctor.

Asthma Control Test™ copyright, QualityMetric Incorporated 2002, 2004. All rights reserved. Asthma Control Test is a trademark of QualityMetric Incorporated.

For patients 12 years and older whose asthma is not well controlled on a long-term asthma medicine, or when disease severity warrants

SYMBICORT is an asthma control medicine that has been proven to help improve lung function, helping patients breathe better all day and night.*

Once your asthma is well controlled, your doctor will decide if you can stop taking SYMBICORT without loss of control and may prescribe a long-term asthma control medicine such as an inhaled corticosteroid.

* When taken twice daily.

IMPORTANT INFORMATION ABOUT SYMBICORT

Important Safety Information About SYMBICORT for Asthma

SYMBICORT contains formoterol, a long-acting beta₂-adrenergic agonist (LABA). LABA medicines such as formoterol increase the risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

SYMBICORT does not replace rescue inhalers for sudden asthma symptoms.

Be sure to tell your health care provider about all your health conditions, including heart conditions or high blood pressure, and all medicines you may be taking. Some patients taking SYMBICORT may experience increased blood pressure, heart rate, or change in heart rhythm.

Do not use SYMBICORT more often than prescribed. While taking SYMBICORT, never use another medicine containing a LABA for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines, as using too much LABA may cause chest pain, increase in blood pressure, fast and irregular heartbeat, headache, tremor, and nervousness.

Patients taking SYMBICORT should call their health care provider or get emergency medical care:

- if you experience serious allergic reactions including rash, hives, swelling of the face, mouth and tongue, and breathing problems.
- if you think you are exposed to infections such as chicken pox or measles, or if you have any signs of infection. You may have a higher chance of infection.
- if you experience an increase in wheezing right after taking SYMBICORT, eye problems including glaucoma and cataracts, decreases in bone mineral density, swelling of blood vessels (signs include a feeling of pins and needles or numbness of arms or legs, flu like symptoms, rash, pain and swelling of the sinuses), decrease in blood potassium and increase in blood sugar levels.

If you are switching to SYMBICORT from an oral corticosteroid, follow your health care provider's instructions to avoid serious health risks when you stop using oral corticosteroids.

Common side effects include nose and throat irritation, headache, upper respiratory tract infection, sore throat, sinusitis, stomach discomfort, flu, back pain, nasal congestion, vomiting, and thrush in the mouth and throat.

Approved Uses for SYMBICORT for Asthma

SYMBICORT is a medicine for the treatment of asthma for people 12 years and older whose doctor has determined that their asthma is not well controlled with a long term asthma control medicine such as an inhaled corticosteroid or whose asthma is severe enough to begin treatment with SYMBICORT. SYMBICORT is not a treatment for sudden asthma symptoms.

Please see Important Product Information on adjacent page and discuss with your doctor.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

**For more information, call 1-800-908-1501
or go to MySymbicort.com/ACT**

*If you're without prescription coverage and can't afford
your medication, AstraZeneca may be able to help.
For more information, please visit www.astrazeneca-us.com.*

Symbicort®
(budesonide/formoterol fumarate dihydrate)
Inhalation Aerosol

AstraZeneca

IMPORTANT INFORMATION ABOUT SYMBICORT

Please read this summary carefully and then ask your doctor about SYMBICORT.

No advertisement can provide all the information needed to determine if a drug is right for you or take the place of careful discussions with your health care provider. Only your health care provider has the training to weigh the risks and benefits of a prescription drug.

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT SYMBICORT?

People with asthma who take long-acting beta₂-agonist (LABA) medicines, such as formoterol (one of the medicines in SYMBICORT), have an increased risk of death from asthma problems. It is not known whether budesonide, the other medicine in SYMBICORT, reduces the risk of death from asthma problems seen with formoterol.

SYMBICORT should be used only if your health care provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid, or that your asthma is severe enough to begin treatment with SYMBICORT. Talk with your health care provider about this risk and the benefits of treating your asthma with SYMBICORT.

If you are taking SYMBICORT, see your health care provider if your asthma does not improve or gets worse. It is important that your health care provider assess your asthma control on a regular basis. Your doctor will decide if it is possible for you to stop taking SYMBICORT and start taking a long-term asthma control medicine without loss of asthma control.

Get emergency medical care if:

- breathing problems worsen quickly; and
- you use your rescue inhaler medicine, but it does not relieve your breathing problems.

Children and adolescents who take LABA medicines may be at increased risk of being hospitalized for asthma problems.

WHAT IS SYMBICORT?

SYMBICORT is an inhaled prescription medicine used for asthma and chronic obstructive pulmonary disease (COPD). It contains two medicines:

- Budesonide (the same medicine found in Pulmicort Flexhaler™, an inhaled corticosteroid). Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms
- Formoterol (the same medicine found in Foradil® Aerolizer®). LABA medicines are used in patients with COPD and asthma to help the muscles in the airways of your lungs stay relaxed to prevent asthma symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles in the airways tighten. This makes it hard to breathe, which, in severe cases, can cause breathing to stop completely if not treated right away

SYMBICORT is used for asthma and chronic obstructive pulmonary disease as follows:

Asthma

SYMBICORT is used to control symptoms of asthma and prevent symptoms such as wheezing in adults and children ages 12 and older.

Chronic Obstructive Pulmonary Disease

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. SYMBICORT 160/4.5 mcg is used long term, two times each day, to help improve lung function for better breathing in adults with COPD.

WHO SHOULD NOT USE SYMBICORT?

Do not use SYMBICORT to treat sudden severe symptoms of asthma or COPD or if you are allergic to any of the ingredients in SYMBICORT.

WHAT SHOULD I TELL MY HEALTH CARE PROVIDER BEFORE USING SYMBICORT?

Tell your health care provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- have eye problems such as increased pressure in the eye, glaucoma, or cataracts
- are allergic to any medicines
- are exposed to chicken pox or measles
- are pregnant or planning to become pregnant. It is not known if SYMBICORT may harm your unborn baby
- are breast-feeding. Budesonide, one of the active ingredients in SYMBICORT, passes into breast milk. You and your health care provider should decide if you will take SYMBICORT while breast-feeding

Tell your health care provider about all the medicines you take including prescription and nonprescription medicines, vitamins, and herbal supplements. SYMBICORT and certain other medicines may interact with each other and can cause serious side effects. Know all the medicines you take. Keep a list and show it to your health care provider and pharmacist each time you get a new medicine.

HOW DO I USE SYMBICORT?

Do not use SYMBICORT unless your health care provider has taught you and you understand everything. Ask your health care provider or pharmacist if you have any questions.

Use SYMBICORT exactly as prescribed. **Do not use SYMBICORT more often than prescribed.** SYMBICORT comes in two strengths for asthma: 80/4.5 mcg and 160/4.5 mcg. Your health care provider will prescribe the strength that is best for you. SYMBICORT 160/4.5 mcg is the approved dosage for COPD.

- SYMBICORT should be taken every day as 2 puffs in the morning and 2 puffs in the evening.
- Rinse your mouth with water and spit the water out after each dose (2 puffs) of SYMBICORT. This will help lessen the chance of getting a fungus infection (thrush) in the mouth and throat.
- Do not spray SYMBICORT in your eyes. If you accidentally get SYMBICORT in your eyes, rinse your eyes with water. If redness or irritation persists, call your health care provider.
- Do not change or stop any medicines used to control or treat your breathing problems. Your health care provider will change your medicines as needed
- While you are using SYMBICORT 2 times each day, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason. Ask your health care provider or pharmacist if any of your other medicines are LABA medicines.
- SYMBICORT does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have a rescue inhaler, call your health care provider to have one prescribed for you.

Call your health care provider or get medical care right away if:

- your breathing problems worsen with SYMBICORT
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row
- you use one whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your health care provider will tell you the numbers that are right for you
- your symptoms do not improve after using SYMBICORT regularly for 1 week

WHAT MEDICATIONS SHOULD I NOT TAKE WHEN USING SYMBICORT?

While you are using SYMBICORT, do not use other medicines that contain a long-acting beta₂-agonist (LABA) for any reason, such as:

- Serevent® Diskus® (salmeterol xinafoate inhalation powder)
- Advair Diskus® or Advair® HFA (fluticasone propionate and salmeterol)
- Formoterol-containing products such as Foradil Aerolizer, Brovana®, or Perforomist®

WHAT ARE THE POSSIBLE SIDE EFFECTS WITH SYMBICORT?

SYMBICORT can cause serious side effects.

- Increased risk of pneumonia and other lower respiratory tract infections if you have COPD. Call your health care provider if you notice any of these symptoms: increase in mucus production, change in mucus color, fever, chills, increased cough, increased breathing problems
- Serious allergic reactions including rash; hives; swelling of the face, mouth and tongue; and breathing problems. Call your health care provider or get emergency care if you get any of these symptoms
- Immune system effects and a higher chance for infections
- Adrenal insufficiency—a condition in which the adrenal glands do not make enough steroid hormones
- Cardiovascular and central nervous system effects of LABAs, such as chest pain, increased blood pressure, fast or irregular heartbeat, tremor, or nervousness
- Increased wheezing right after taking SYMBICORT
- Eye problems, including glaucoma and cataracts. You should have regular eye exams while using SYMBICORT
- Osteoporosis. People at risk for increased bone loss may have a greater risk with SYMBICORT
- Slowed growth in children. As a result, growth should be carefully monitored
- Swelling of your blood vessels. This can happen in people with asthma
- Decreases in blood potassium levels and increases in blood sugar levels

WHAT ARE COMMON SIDE EFFECTS OF SYMBICORT?

Patients with Asthma

Sore throat, headache, upper respiratory tract infection, thrush in the mouth and throat

Patients with COPD

Thrush in the mouth and throat

These are not all the side effects with SYMBICORT. Ask your health care provider or pharmacist for more information.

NOTE: This summary provides important information about SYMBICORT. For more information, please ask your doctor or health care provider.

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Visit www.MySymbicort.com
Or, call 1-866-SYMBICORT



AstraZeneca



16. CONSTANT ACHINESS

A good dose of rest and Advil should relieve pain caused by exercise or sleeping funny. But if multiple joints ache for two weeks without explanation, go to the doctor. "Lyme disease is a common reason women in their 30s and 40s get joint pain," says Susan Blum, M.D., founder and director of the Blum Center for Health in Rye Brook, NY. But everyone in your family is at risk: Cases of the tick-borne bacterial disease have jumped almost threefold since 1995. "You might never have seen a tick or the typical bull's-eye rash, but if you have achiness and have been near fields or woods, get checked," she says. Antibiotics can cure Lyme if caught within three months of infection, but if it lingers, it can lead to long-term nervous-system damage and other problems. Even if you're sure you



She's tick bait! Long sleeves and pants protect you and your family best against disease-carrying ticks.

haven't met a tick, you should still see a doc: Joint pain and stiffness can be a sign of the autoimmune disorder lupus, which often strikes women in their 30s and 40s. A doctor can suggest lifestyle changes like getting more rest and exercise, along with medications to help reduce flare-ups.



17. PAINFUL SEX

If sex hurts, tell your doctor right away, says Mark Perloe, M.D., an ob/gyn in Atlanta. If it's not simple dryness (easily fixed with lube), painful sex might be an indication that something is wrong. It could be a vaginal infection, benign fibroid tumors in the uterus, or—perhaps most serious—endometriosis. Endo, which affects 5.5 million women, mostly in their 30s and 40s, is a condition in which the lining of the uterus grows outside of the organ in the pelvic area and often causes heavy, painful periods. Aside from enjoying sex again, treatment is key because endometriosis can cause infertility.



18. BEING DROP-DEAD TIRED

Exhaustion seems like the status quo for busy parents, but it can also be a warning sign of something serious. How to tell the difference: "Go through a checklist," says internist Sandra A. Fryhofer, M.D. "Have you been getting your usual amount of sleep? Are you eating normally? Is your schedule the same as always?" If you or your husband struggle to get out of bed but there's no lifestyle change that could be to blame, the cause could be as simple as anemia or as complicated as cancer. "It's easy to rule things out with tests," Fryhofer says, but many people wait to get help because they think it means they can't hack work or parenthood. That's just wrong: Fatigue is your body's way of telling you something. So listen!



Some things even coffee can't fix.



THE BETTER-THAN-NOTHING THIGH WORKOUT

We all spend a frustrating amount of time waiting—in line at the airport, at the deli counter, even for the elevator. Put those minutes to better use with this nearly undetectable move from Kristin McGee, a yoga instructor at Clay spa in New York City. It'll tone your belly and inner thighs—and, as a bonus, distract you from whatever is taking so long!

A Stand up straight, with heels together and toes pointed slightly outward.

B Rise up on to your toes and pull your belly button in and up, keeping your back straight. Try not to lean forward. Hold for 1 count, then slowly place your heels back on the ground. Do 10 times, or for as long as you're stuck standing around.

Just lift your heels!

TREND ALERT: DO "TONING" CLOTHES REALLY WORK?

In the wake of the toning-shoe craze, companies are selling workout clothes that they claim make muscles work harder (via fabric with built-in resistance) so you burn more calories when you exercise.

Experts are wary, but two small studies (partially funded by a toning-clothes maker) found that women who walked uphill in pants with resistance-band

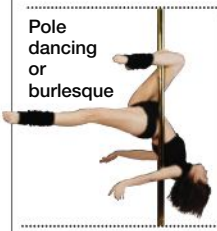
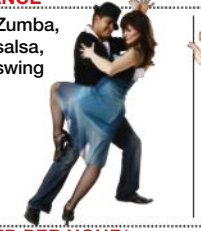


Reebok EasyTone tee (\$55, reebok.com)

technology burned 4 to 8 percent more calories. While the scientific jury is still out, our in-house testers noted a few things they liked: "I love how slimming they are!" one said of the Reebok EasyTone pants (\$80). Another said of the Fila Toning Resistance long tights (\$55, fila.com): "My muscles felt good, and I ran faster than my usual pace." Clothes that come with a confidence and a performance boost? If you can afford 'em, why not? —KAREN ASP

DANCE YOUR WHATEVER OFF

Here's motivation to move girls' night to that hilarious pole-dancing class at the gym: Dancing doesn't only burn calories, it also busts stress. In a recent study, people who tangoed for 20 minutes felt happier and had lower levels of stress hormones. "What sets dancing apart is how the body responds to music; you work harder without noticing," says Elizabeth Larkam, spokesperson for the American Council on Exercise. Don't just watch and tap your foot—hit the floor! —JESSICA GIRDWAIN

THE DANCE			
Pole dancing or burlesque	Ballroom, such as tango, waltz, or fox-trot	Zumba, salsa, swing	Belly dancing or Bollywood
			
CALORIES BURNED PER HOUR*			
442	340	476	340
BONUS BENEFITS			
Tones legs, hips, arms, upper back, shoulders, and abs; increases flexibility	Strengthens abs, arms, and lower back	Increases endurance and improves coordination	Builds and defines abs; firms arms and shoulders

*Calorie counts are based on a 150-pound person.

The
old way.



the
TASTIER
WAY!



Sugar-Free Fiber Gummy

5 grams of fiber
Natural colors & flavors

VitaFusion® Fiber Gummies make taking fiber easier and tastier than ever before. And with 5 grams of fiber in each sugar-free serving, you'll enjoy more fiber than any other leading brand. It's time to try a better, tastier way.

Available in the fiber aisle.

The ChefsBest® Certified Award is awarded to brands highly rated overall by independent professional chefs.

f Search: VitaFusion Fiber Follow @VitaFusion

vitaFusion®
enjoyyourfiber.com



You asked, she answered. Frank sexual-health advice from ob/gyn Hilda Hutcherson, M.D.

Dr. Hutcherson is an ob/gyn and a professor at Columbia University in New York City. Email her at askhilda@redbookmag.com.



This princess just can't sleep. Thanks, PMS!

Q *I'm done having kids for a while and am interested in trying a long-term birth control, such as Implanon or Mirena. But is it true that you can have your period for two full months when you start using them? That sounds terrible! Is one option better than the other?*

A With any birth control, the side effects you hear or read about are much worse than what you are likely to experience. It's true that you might have spotting (not your full period) for up to a year when you start using the hormonal implant Implanon or the Mirena intrauterine device (IUD). But it usually doesn't last that long and tends to be light, so most women don't find it too bothersome. After several months, many women find that their periods get lighter and even fade away completely with these methods. They're both more than 99 percent effective and safe, but if you're nervous about side effects, I'd recommend going with the Mirena. It's easy to have removed if you're not happy with how you feel or if you decide you want to have another child. Implanon, on the other hand, is a small rod that is placed under the skin of your arm and requires a minor surgical procedure to remove.

Q *Is it normal to have insomnia near my period?*

A Unfortunately, yes. Trouble sleeping can crop up any time your hormones fluctuate. It seems to happen especially when estrogen and progesterone levels drop, like right before your period, right after giving birth, and during perimenopause, which can start in your early 40s. Other preperiod symptoms such as cramping, bloating, and breast tenderness may not help either. Try not to stress too much about it, but because getting eight hours is important for your mental and physical health, I'd suggest taking extra care of your "sleep environment" in the days leading up to your period. That means getting in bed and getting up at the same time each day, limiting caffeine and alcohol, and exercising often (just make sure it's not within three hours of bedtime, or it could rev you up). If your symptoms are really irksome or severe, talk to your doctor. Some women find that birth control pills can help.

CASE HISTORY A VERY EMBARRASSING SEX MISHAP

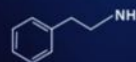
Every woman has had something awkward befall her in bed. Most of the time you can keep the weird noises or slippery antics just between the two of you, but sometimes a strange thing happens during sex that you really need to tell your doctor about—like one patient of mine who started to pass some stool during sex. (Yes, she would poop a little.) It turned out she had

irritable bowel syndrome and needed treatment. The vagina and rectum are separated by a thin layer of tissue, so in certain positions, the pressure from her husband's penis pushed on her irritated colon. In addition to referring her to a gastroenterologist, I advised that she try going to the bathroom before sex and choose positions with less depth of penetration, like missionary. Getting

treatment and following my advice fixed her problem and made sex *much* more enjoyable. If something happens during sex that you're not 100 percent sure is normal, just bite the bullet and ask your ob/gyn about it. It could be a symptom of something more serious—and we may be able to help you fix it. And forget being embarrassed: Believe me, we really have heard everything!

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This is *your* health wake-up call

After decades of “Just Do It,” women are discovering an even more powerful mantra: **Do it for your kids.** Meet four readers who made over their health for the sake of their children, and one 9-year-old girl who desperately wants her mom to do the same. Who will *you* do it for? By Melody Warnick



110 POUNDS LIGHTER!
Becky loves running with her sons Mikey (left), 10, and Cody (right), 8.



271 POUNDS
Becky
in 2008.

HEALTH TRIUMPH

“I lost 110 pounds so I could play with my children again.”

—BECKY DANTO, 36

Weight-loss epiphanies can come from unexpected places. For Becky Danto of Pittsburgh, it wasn't the “271” staring back at her from the scale; it was her son's trampoline. When he unwrapped the toy on his 5th birthday, in January 2006, she saw that it had a weight limit of 300 pounds, which meant she couldn't jump on it at the same time as her boys. “I was not the role model my children deserved,” she says. “I wasn't keeping up with my life. My kids

would play around me, and all I wanted to do was eat, watch TV, and sleep. I had to change.” So with the goal of bouncing by spring, Becky started going to Weight Watchers meetings and gave up junk food, like Doritos and buffalo wings, for healthy snacks like yogurt with frozen strawberries or Kashi crackers with Laughing Cow light cheese. (Check out her meal plan at redbookmag.com/eatright.) When her husband's deep fryer broke, Becky told him, “Have a funeral for that thing. You're not getting another one.” And her boys kept her on track when temptation loomed: “Every time I reached for a cookie, Mikey said, ‘If you have that cookie, can you still go on the trampoline with me?’ I was like, ‘No, I don't need the cookie.’” She shed 40 pounds in four months—enough to jump safely with both sons—and was ecstatic. But she was still 70 pounds away from her healthy goal weight, so she started

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getting up at 4:40 a.m. six days a week to run and lift weights for an hour before work. In 11 more months, Becky had slimmed down to 165 pounds, and she's maintained it for four years. "I laugh more, and I'm not so tired. The kids and I do things like play Wii or go camping," she says. And when she ran a half-marathon last year, her boys jogged part of it with her: "I love that they're excited to run with me. I feel like a better mom, a cool mom."

HEALTH TRIUMPH

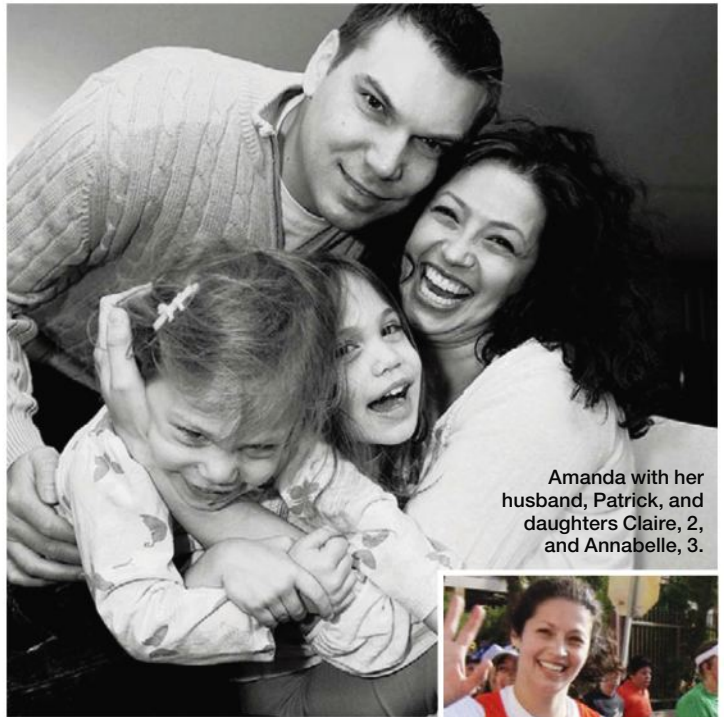
"Ruining my son's birthday was a wake-up call to quit drinking."

—MIR LYNNE PIETRZYK, 42

Between happy hours after work and parties on the weekends, Mir Lynne Pietrzyk of Estero, FL, was drinking up to 16 beers a week. Though that's more than double the healthy limit of seven drinks a week for women, Mir Lynne didn't think she was an alcoholic. Her habit *did* leave her feeling tired, so she began limiting herself to two drinks each on Friday and Saturday—and stuck with it until her son Reid's 13th birthday, a Sunday, when she had a few beers at a sports bar with her family. She felt so tipsy afterward that when Reid asked her to help him set up a Facebook account—a long-awaited birthday present—Mir Lynne blew up: "I didn't want to deal with it, and we got into a shouting match." When she sobered up, she says, she realized that "anyone who depends on drinking to relax is an alcoholic. If I hadn't had those drinks, I would have had more patience. Yelling at my son on his birthday was as much of a wake-up call as if I had gotten a DUI." After that, she gave up booze completely. Instead of happy hour, she now has game nights with friends, and at parties she sips juice in a festive glass. "This New Year's I was with my boys, enjoying conversation and watching the ball drop," she recalls. "It was so much better to be present in the moment and really enjoy talking to them."



Mir Lynne with her sons Reid, 13, and Zeke, 15.



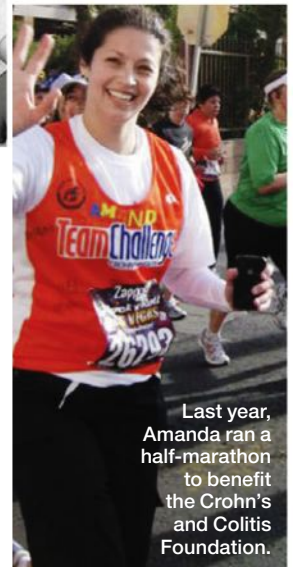
Amanda with her husband, Patrick, and daughters Claire, 2, and Annabelle, 3.

HEALTH TRIUMPH

"I finally got my stress under control for my girls."

—AMANDA GRIFFITH, 34

Stress doesn't just make Amanda Griffith irritable or snappish with her husband and young daughters, ages 3 and 2—it makes her physically ill. The Norton, MA, mom has ulcerative colitis, an autoimmune disorder that causes severe pain, cramping, bloating, diarrhea, and fatigue. And the more stressed Amanda gets about stuff like mounting deadlines for the public relations business she owns or potty-training her 3-year-old, the more likely she is to have a flare-up, which used to happen every three or four months. "This summer, the girls would try to jump on me and roughhouse, and I was in such pain I couldn't be around them," she says. "I thought, *I've got to do something about this.*" She knew regular cardio exercise reduces stress, so she started jogging around the neighborhood a few days a week while a sitter watched her kids. "I never listened to music while I ran; I just used it as a time to clear my head and step out of my life for a few minutes," she says. She found that running those few miles helped keep her colitis flare-ups in check. "Even after just four weeks, I felt so much better. My friends noticed I was more positive and energized. Running recharges my batteries, and when I take care of myself, I'm better able to take care of my daughters and I actually look forward to playing with them instead of getting frustrated or annoyed. I still wrestle with the guilt of taking time away from them, but I hope my activity inspires them when they get older." ►



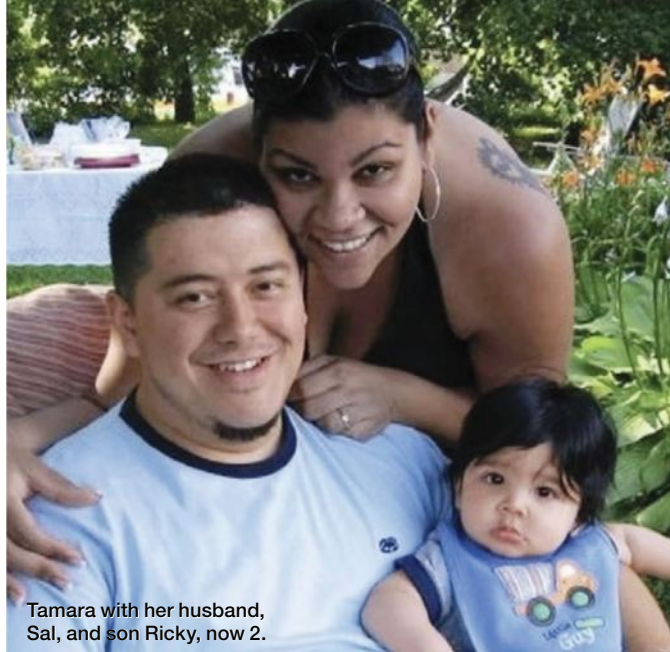
Last year, Amanda ran a half-marathon to benefit the Crohn's and Colitis Foundation.

HEALTH TRIUMPH

"I tackled diabetes so Ricky won't lose his mom."

—TAMARA MATOS HERNANDEZ, 34

When Tamara Matos Hernandez, 34, of the Bronx, NY, was diagnosed with type 2 diabetes in 2007, she was quick to get it under control by cleaning up her diet and walking every day. The payoff? She lost 30 pounds, she felt great, and her periods were regular for the first time in years. Soon she was pregnant. But after her son, Ricky, was born in 2008, Tamara was too busy to exercise and turned to comfort food to soothe her stress. Within months, her diabetes was back in full swing. She felt achy and fatigued, and struggled with blurred vision and nausea. "Here was this baby I'd been waiting for, and I wanted to enjoy him, but I couldn't," she says. So in March 2010, she met with her doctor and started keeping a food diary—even faxing it to him to keep herself accountable. "When we get takeout, I order broiled chicken instead of pizza," Tamara says. To squeeze in exercise, she dusted off her treadmill-



Tamara with her husband, Sal, and son Ricky, now 2.

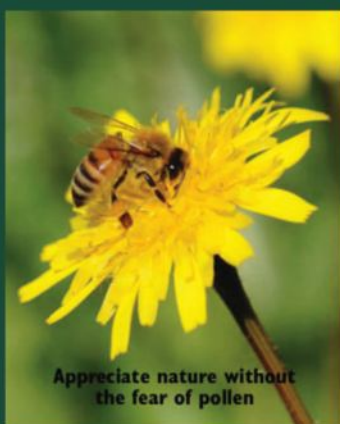
turned-clothing rack and started logging a few miles every day. She's also taking medication and injecting herself with insulin to get her blood sugar in check. "I don't want Ricky to lose his mom," she says. "I want to dance at his wedding." She's lost 9 pounds so far, and her blood glucose tests are improving. "Looking at my son's face each day keeps me motivated," Tamara says. "He has a chance to never have to deal with this, and it's my job not only to help him make the right choices but to lead by example."

COURTESY OF SUBJECTS (2).

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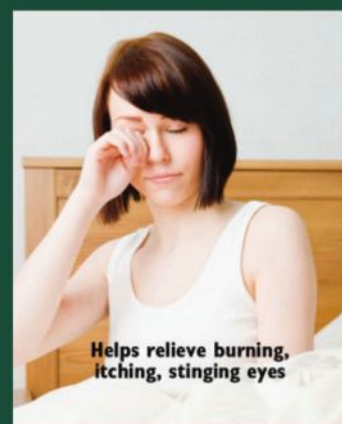
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"You're my only parent, and smoking could kill you. Then where would I go?" —WYNTER MARTINEZ, AGE 9

Hearing her beg me to quit makes me feel two inches tall. I want to quit for good.” Wynter told REDBOOK, “I think she can do it,” and we agree! So we asked Michael Fiore, M.D., director of the Center for Tobacco Research and Intervention at the University of Wisconsin School of Medicine, to craft a no-fail plan for Cynthia. She’s even keeping a video diary along the way (see it at redbookmag.com/formykids).

● **Slap on the patch.** It's not a cop-out: People who quit cold turkey have a 5 percent chance of success, but those who use counseling plus nicotine-replacement products like the patch, gum, or lozenges have up to a 50 percent chance of kicking the habit, Fiore says. When stress strikes, she can also pop an extra mini nicotine lozenge to battle cravings.

● **Trade cigarettes for exercise.** Experts have offered up exercise as a way to reduce cravings for years, but now there's data to back that up: British researchers did brain scans of smokers and found that 10 minutes of exercise reduced the desire to puff for up to 15 hours. Thirty to 45 minutes of cardio three to five days a week will help ward off quit-related weight gain, too.

● **Reward yourself.** In Chicago, where Cynthia lives, smokes are \$10.50 a pack, which adds up to \$3,800 a year. Fiore suggests putting the cash Cynthia is saving into a jar every day. She can use it to reward herself every week she's smoke-free, or save it for a nice vacation! 🎉



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MEN, LOVE & FAMILY

HONEST TALK ABOUT RELATIONSHIPS

TELL THE TRUTH:
When is your partner **sexiest?**

Go ahead,
make
my hot,
sweaty day.

"I love to see my husband chop firewood. There's nothing sexier than a man swinging an ax."

—AMINA WILTON, 32, married to DONALD for 5 years

"He's sexiest when he plays with our two girls. It

reminds me of the love, devotion, and commitment he has for all of us."

—VICKY ABUNDO, 41, married to JOSE for 22 years

"I love when she's sleeping—she still wears her retainer! Usually she's so dressed up, but there's something about watching her with her metal mouth every night that I find so charming."

—DAVID DIBELLO, 29, married to LISA for 6 months

"I love how she looks on date night. One time she wore a black dress that was so sexy, we had to make a pit stop before we went home." —SHANE PETERMAN, 36, married to ERICA for 5 years

"He's sexiest when he's driving. I love to look at his legs—they're very muscular—and seeing him in control is such a turn-on." —MARY ROCKO, 41, married to STEVE for 10 years



Speed therapy for couples

Marriage Boot Camp, a four-day retreat offered in a few places around the country, has acquired a real rep for saving relationships: "Eighty percent of the couples who file for divorce before coming to us stay together," says program director David Bishop. But you don't have to be near breakup to benefit from the boot camp's smart lessons:

1. Think of your marriage as a joint bank account.

You both have to make deposits "by doing or saying loving things," Bishop says. The key is to be specific about what makes each of you feel loved. Instead of asking for more affection, ask him to hold your hand more or to always kiss you before bed. "The gestures will feel meaningful, and you'll want to do something for him in return."

2. Nix finger-pointing. Blaming causes the other person to get defensive. So the next time your partner does something that bothers you, say, "When you did this, it made me feel like *this*," advises Bishop. "It's not accusatory, and it lets your spouse know why a behavior hurts you. That understanding helps resolve things."

3. Try an extreme exercise. Bishop calls it "playing *Titanic*." Imagine you're on a sinking boat with only one life preserver—who should take it? "It usually turns out both people want to make the sacrifice," he says. "That's when we ask, 'If you're willing to die for each other, why are you letting petty things come between you?'"

By the end, everyone is hugging and crying. It's powerful stuff." —NICOLE YORIO



C'mon, guys, put the guns away and make up already!

APRIL FOOLS' DAY SPECIAL

HOW TO TORTURE YOUR GUY

Comedian Chris Rock famously cracked, "If you haven't contemplated murder, you ain't been in love." We asked how you would exact a little nonlethal revenge on your man.

- "Send him to Chuck E. Cheese's with the kids, alone. On a Saturday."
- "Hide his motorcycle in the neighbor's garage."
- "Put on a Lifetime movie and stash the remote."
- "Say, 'I can't believe you forgot' in my best pitiful voice, then walk out of the room."
- "Glue the beer bottles to the refrigerator shelves."
- "Swap kids with the neighbors, then pretend I'm concerned that he doesn't recognize his own children!"



Sex life road test STEAMY TV NIGHT

Two couples watched Playboy TV's explicit new docu-series, *Brooklyn Kinda Love*, in which real pairs let cameras follow them everywhere, including into the bedroom. Hot, or skeezy? They reported back.

Couple #1: D.S. and J.M., Brooklyn, NY

"We've never watched *any* type of sexy show together, and during the first episode I felt uncomfortable seeing real couples have sex. But we totally got into it the second time. The sexy scenes put us both in the mood, and our bedtime after was hot. I was surprised, and it taught me to be more open to new things in bed. I think we'll keep watching."

Passion factor: Smoking! 🔥🔥🔥

Couple #2: J.B. and K.B., Hockessin, DE

"We tried, but just couldn't get into this. We expected it to be supersexy, but it was more like a racy reality show. I didn't see why we'd be interested in watching these couples have sex. We did, however, catch some of the other, more traditionally sexy shows on Playboy TV, and they were much more fun!"

Passion factor: Not much heat 🔥

Satisfying sex news: Men with active sex lives have healthier hearts and live longer, a new study found—but only if they're faithful. Go karma!

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*This one curls
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♥ DEAREST HUSBAND, I SWEAR...

...to thank your parents for taking the kids for the weekend (even when one of them comes back no longer potty-trained).

...to move several sex ideas currently on the "special occasion" list to the "Why not? It's Tuesday!" list.

...to try my hardest not to get mad when you go to the grocery store for five things and forget three of them. Every single time. Seriously, what is that about?

...to finally surrender my dream of naming a baby Maximilian.

...to keep in mind that you may actually want to spend your weekend doing something besides drilling, hammering, caulking, and otherwise handy-manning.



♥ DEAREST WIFE, I SWEAR...

...not to wear a Cubs jersey to your sister's wedding, despite the fact that she scheduled it for Opening Day.

...to stop using your Eau de Expensive parfum when we run out of Glade.

...to stop talking pre-Scrabble smack. (Presumably, this will also cut down on my post-getting-whipped pouting.)

...not to build a *Wipeout* course in the backyard for the kids, even though they're begging and I'm tempted.

...to show you the next time I comb my hair Justin Bieber-style after I get out of the shower. I could almost pull it off.



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"I married up!"

That's what President Obama has said about snagging Michelle, and it turns out that plenty of other husbands feel the same way. Here, 7 real guys reveal what it is about their wives that makes them feel so superlucky.

She's got game By Steve Rushin

My wife is an Olympic gold medalist, WNBA All-Star, *Jeopardy!* champion, and Rhodes Scholarship finalist who was sung to by President Clinton, sung *about* by Ludacris, and serenaded on *Sesame Street* by a chorus of Muppets. But it wasn't until I saw her basketball jersey in the Smithsonian—opposite Dorothy's ruby slippers from *The Wizard of Oz*—that it finally hit me: I, without a doubt, married up.

My wife's name, Rebecca Lobo, is on sandwiches and street signs in New England. It adorns the arena rafters at the University of Connecticut, where she first became a basketball star. Her high school in Massachusetts is on Rebecca Lobo Way, a nice trump card to play at reunions. So people naturally assume

that I took her name when we tied the knot eight years ago. I saved the UPS mailing label from our first wedding present, which was addressed, without irony, to "The Lobos."

Because I'm a bald, dim-witted writer, people think I couldn't possibly be her husband, so they occasionally confuse me for someone more glamorous. At O'Hare airport, a man asked if he could take Rebecca's photo. When I reflexively stepped away, he said, "No, no, no. I want your picture too, Andre Agassi." But more often, photographers, with their eye still pressed to a viewfinder, frantically wave me out of the frame.

People assume that my diminished marital stature is reflected in my height. My wife is 6-foot-4, but I'm an inch taller than she is, a fact that always surprises people, who



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expect to see her unpack me out of a trunk, like a ventriloquist with her dummy.

But she does love me, she did marry me, and she is proud of me, I'm sure. It was Rebecca who urged me to write a novel, and when *The Pint Man* was published last year—it's about a man dating up—she threw a party. She was more excited than I was. And just the other morning, when I woke, she said, "I need you." Okay, what she really said was: "I kneed you. In the groin. By accident. Go back to sleep." But a good marriage requires selective hearing, and I think we have a good marriage.

There are plenty of men, I've discovered, who literally want to marry up. A few summers ago, a very short man approached Rebecca at a Houston Astros baseball game. "Rebecca," he said. "You gotta marry me. I want tall kids. You're my only hope." Rebecca's reply, in its small way, moved me unexpectedly. "I can't," she said. "I already have a husband."

She's so cool it hurts By Joel Stein

When I met my wife, Cassandra, in 1997, the first thing I noticed—before her beauty, her height, or her stylishness—was her coolness. I do not dabble in the cool arts. At the time, I listened to Counting Crows, had cut off my mullet only a few years earlier, and still had all of my Dungeons & Dragons manuals.

Cassandra, on the other hand, was the first person I met who listened to indie bands because she *likes* indie bands. She was also the only person I knew who used the F word to refer to the thing the F word is referring to. She had tiny holes in her face, from piercings. Face piercings.

Coolness is supposed to have a very short half-life. The high school quarterback, the sorority mean girl—they turn into suburban dorks who mix with the rest of us. But despite moving to a new

city, having a baby, getting older, Cassandra has not stopped being cool. It's an enormous, never-ending pressure, like being married to Patti Smith, mostly because she hasn't made *me* any cooler. I still over-talk at parties; she says much less but has great impact. Take the time she ended a long, boring conversation at a get-together on Valentine's Day by telling the group that we had to go home, since this was the one day a year we have sex. (It's not, by the way. That would be very *uncool*.)

Cassandra will be eternally cool because she actually doesn't care what people think of her. That's why she doesn't smile when she meets someone. Or in awkward situations. Or when she doesn't like your joke. There's no phoniness to her. She does smile, though, when you say something that's actually funny. And it's the softest, warmest smile I've ever seen... even though there's a tiny hole on the right side of her bottom lip.

She's better at everything (except eating doughnuts) By Adam Platt

I asked my 11-year-old daughter, the other day, to name one thing that her father was better at, more accomplished at, generally more talented at than her mother. She knitted her brow in serious concentration for a minute or two, before giving her thoughtful, carefully considered answer. "Daddy, I think you're better at eating doughnuts."

My daughter's right, of course. Mrs. Platt is a sunny, positive person (she's from a family of eternally sunny, positive Midwesterners), while I tend toward worry, pessimism, and gloom (I'm a writer who grew up on the gloomy East Coast). Being an architect, she is practical, optimistic, and terminally well organized, while I tend to be distracted, disheveled, and a mess. My wife is beautiful, slim, and energetic. I'm slothful, slow-moving, and round as a blimp, thanks to the unrelenting stream

My *much* better half

More guys tell us how *they* lucked out in the wife department.

"The moment I realized my wife was out of my league would be the time she came home from a girl's night out and told me that she'd been dancing with Prince the whole evening. It wasn't a lie—she had *actually* been out at a club dancing with Prince. I was jealous for several reasons. The most embarrassing reason of them all? I would have liked to dance with Prince!"

—Rodney Treweek, married to Jacque Mular, both 37, Los Angeles

"When we met, we both drove pickup trucks. But Hallie's was a vintage hot rod with a Corvette engine under the hood. Mine was a little four-cylinder Mitsubishi. Even

more amazing? She knew how to fix them both, and I was clueless."

—Joseph Moore, married to Hallie Moore, both 38, New York City

"My wife is an all-star roller-derby skater, and the last three times I put on skates, I wound up in the hospital. The one time I actually tried to skate at the track with her, I was rapidly passed by an 80-year-old woman."

—Sean Kenyon, 41, married to Heather Angeli, 35, Denver

"I met Libby while we were both working in the Oregon legislature. My big attempt at

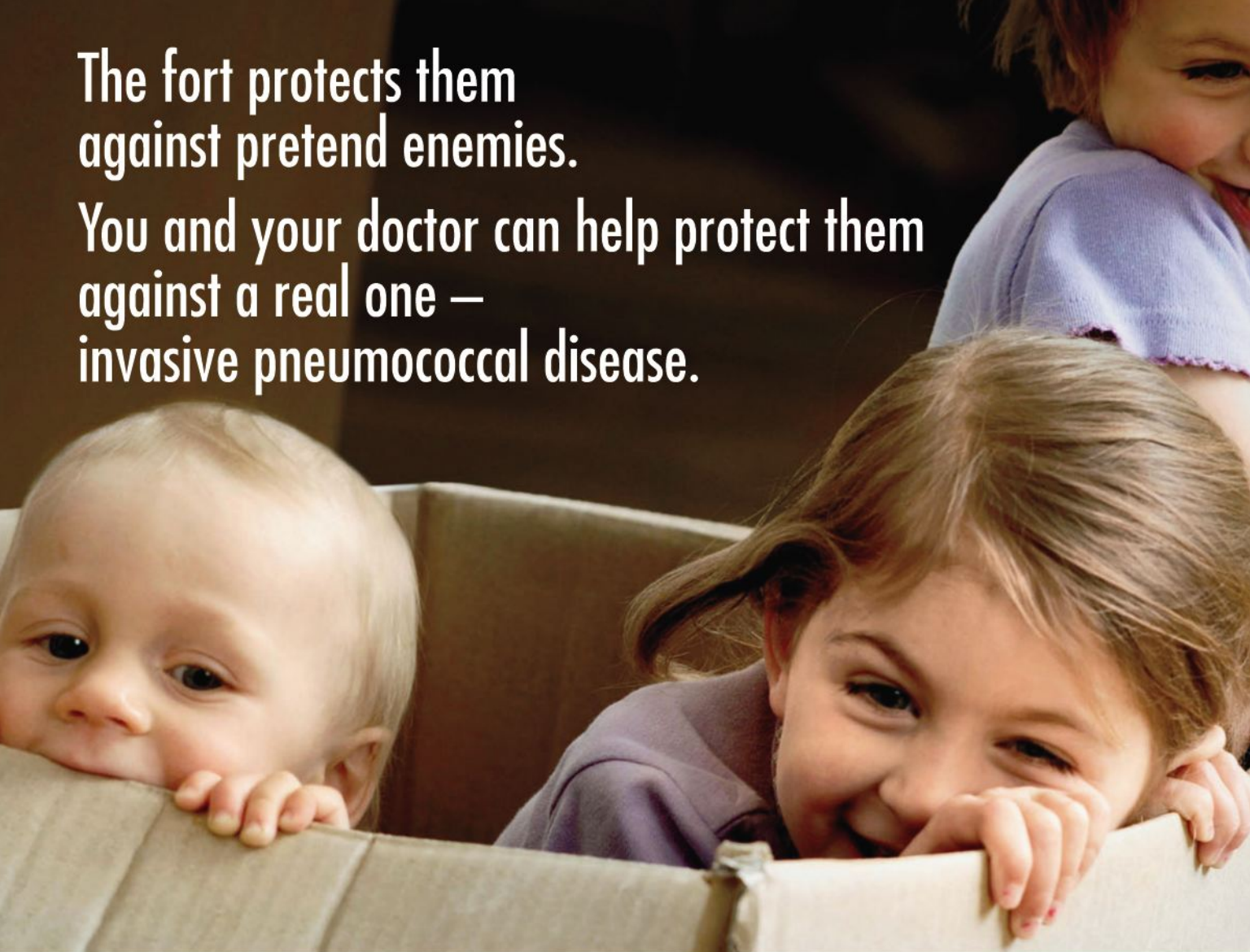
seduction was to convince her to quit the carpool she was in and join my carpool. To add another level of dorkdom to it, I would show up to the carpool with fresh orange juice for her and no one else. Really subtle. But I like to say that our relationship was the best thing to come out of the 1999 Oregon legislative session."

—Charlie Burr, 39, married to Libby Upham, 38, Portland, OR

Frog and Toad, together forever.



CRISTIAN BAITG/GETTY IMAGES.



The fort protects them
against pretend enemies.

You and your doctor can help protect them
against a real one —
invasive pneumococcal disease.

IMPORTANT VACCINE INFORMATION FOR ALL CHILDREN UP TO AGE 5:

Certain strains of bacteria that can cause serious invasive pneumococcal disease are being seen more frequently than before. There's a vaccine to help protect against them. The doctors at the Centers for Disease Control (CDC) have recommended that children 15 months to 5 years of age who've had a full 4-dose series of pneumococcal conjugate vaccine should also get a dose of Prevnar 13[®] to cover against 6 more strains.*

*The immune response from this schedule might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnar 13[®]. It's not known how medically important this difference is.

INDICATION FOR PREVNAR 13[®]

- Prevnar 13[®] is a vaccine approved for use in children 6 weeks through 5 years of age (prior to the 6th birthday)
- Prevnar 13[®] is indicated for active immunization for the prevention of invasive disease caused by 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F)

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13[®]

- Prevnar 13[®] should not be given to anyone with a severe allergic reaction to any component of Prevnar 13[®], Prevnar[®] (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]), or any diphtheria toxoid-containing vaccine
- Prevnar 13[®] may not protect all individuals receiving the vaccine
- Children with weakened immune systems may have a reduced immune response to Prevnar 13[®]
- A temporary pause of breathing following vaccination has been observed in some infants born prematurely

IMPORTANT SAFETY INFORMATION FOR PREVNAR 13[®] (continued)

- The most commonly reported serious adverse events include bronchiolitis (an infection of the lungs) (0.9%, 1.1%), gastroenteritis (inflammation of the stomach and small intestine) (0.9%, 0.9%), and pneumonia (0.9%, 0.5%) for Prevnar 13[®] and Prevnar[®], respectively
- The most common side effects are redness, swelling and tenderness at the injection site, fever, decreased appetite, irritability, increased sleep, and decreased sleep. Any side effects associated with the vaccination should be reported to your child's health care provider. Only a health care provider can decide if Prevnar 13[®] is right for your child

You are encouraged to report negative side effects of vaccines to the FDA and Centers for Disease Control (CDC). Visit www.vaers.hhs.gov or call 1-800-822-7967.

Please see Important Facts for Prevnar 13[®] on the following page.



FOR MORE INFORMATION, ASK YOUR CHILD'S DOCTOR OR GO TO WWW.PREVNAR13.COM/UPDATE

Wyeth[®]

Manufactured by Wyeth Pharmaceuticals Inc.

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IMPORTANT FACTS



Prev • nar 13

ABOUT PREVNAIR 13®

- Prevnair 13® is a vaccine which helps protect against 13 strains of *Streptococcus pneumoniae* (1, 3, 4, 5, 6A, 6B, 7F, 9V, 14, 18C, 19A, 19F, and 23F) that can cause invasive disease.
- Prevnair 13® may also be used for the prevention of otitis media (ear infection) caused by *Streptococcus pneumoniae* strains 4, 6B, 9V, 14, 18C, 19F, and 23F. No efficacy data for ear infections are available for strains 1, 3, 5, 6A, 7F, and 19A.
- Prevnair 13® may not protect all individuals receiving the vaccine.
- Protection against ear infections is expected to be less than that for invasive disease.
- Prevnair 13® does not replace the use of 23-valent pneumococcal polysaccharide vaccine (PPV23) in children ≥24 months of age with sickle cell disease, damaged spleen, HIV infection, chronic illness, or who have weakened immune systems.

BEFORE STARTING PREVNAIR 13®

Tell your child's health care provider about all of your child's medical conditions, including:

- Previous allergic or adverse reactions to other vaccines.
- Certain conditions that weaken your child's immune system such as a damaged spleen, HIV infection, cancer, or kidney problems. Children with weakened immune systems may have a reduced immune response to Prevnair 13®.

Tell your child's health care provider about all the medicines your child takes, including prescription and over-the-counter medicines, vitamins, and herbal supplements.

Especially tell your child's health care provider if your child is taking medicines that can weaken his or her immune system such as steroids (e.g., prednisone) and cancer medicines or if your child is undergoing radiation therapy.

WHO SHOULD RECEIVE PREVNAIR 13®?

- Prevnair 13® is recommended for children 6 weeks through 5 years of age.
- Prevnair 13® is regularly given as a 4-dose series at 2, 4, 6, and 12 to 15 months of age.
- **Transition schedule:** Children who have received one or more doses of Prevnair® (Pneumococcal 7-valent Conjugate Vaccine [Diphtheria CRM₁₉₇ Protein]) may complete the 4-dose immunization series with Prevnair 13®.
- **Catch-up schedule:** Children 15 months through 5 years of age who have received 4 doses of Prevnair® may receive one dose of Prevnair 13® to elicit immune responses to the six additional strains.
- The immune response from the transition or catch-up schedules might be lower for the 6 additional strains (types 1, 3, 5, 6A, 7F, and 19A) than if your child had received the full 4 doses of Prevnair 13®. It's not known how medically important this difference is.

WHO SHOULD NOT RECEIVE PREVNAIR 13®?

- Children under 6 weeks of age and over 6 years of age.
- Children who have had a serious allergic reaction to any component of Prevnair 13®, Prevnair®, or any diphtheria toxoid-containing vaccine.

POSSIBLE SIDE EFFECTS OF PREVNAIR 13®

Prevnair 13® may cause serious side effects including:

- Temporary pause of breathing in some infants born prematurely
- Bronchiolitis (an infection of the lungs)
- Gastroenteritis (inflammation of the stomach and small intestine)
- Pneumonia

The most common side effects of Prevnair 13® are:

- Redness, swelling and tenderness at the injection site
- Fever • Decreased appetite • Irritability
- Increased sleep • Decreased sleep

Any side effects associated with the vaccination should be reported to your child's health care provider. These are not all of the possible side effects of Prevnair 13®. For a complete list, ask your child's health care provider.

NEED MORE INFORMATION?

- This is only a summary of important information. Ask your child's health care provider for complete product information.
- Go to www.prevnair13.com or call 1-800-666-7248.

of sauce-drenched pastas, fine wines, and, yes, doughnuts that I consume night after night, month after month, and year after year as a professional restaurant critic in New York City.

Is this a bad thing? Of course not. In fact, I would argue that in any healthy, honest long-term relationship, it's the natural state of affairs. I come from a long line of lucky slobs who have managed, by hook or by crook, to marry above their station. My grandfather married the very witty and cultivated daughter of a Park Avenue lawyer, and my father married a woman (that would be my mother) who was, by his own happy admission, smarter than he was, more sophisticated (she came from Manhattan, he from the suburbs), and far more beautiful, too. We Platt men know in our bones that survival over the long haul, in life and in marriage, isn't about harmonious compatibility. It's about balance, and the perfectly balanced marriage is one where the champion alpha wife outshines her shambling omega husband in almost every possible way.

Until recently, there were still one or two things that I did pretty well, compared with my alpha wife. I gave rambling

toasts at weddings better than she did, and because it's my job to eat, I've also, historically, been the better cook. But recently she's begun to encroach on this territory too. My wife enjoys cooking, and sometimes she likes to try a new recipe

in the morning when she knows she won't have time to make dinner after work. This means our apartment is often filled, when I come back from my morning workout, with the enticing smells of fresh baked pies and gently bubbling soups and stews.

The other day she cooked a bread pudding in the morning, and left it to cool on the stove, for dinner. This comforting confection was made in the French style, with torn bits of croissant instead of bread, and it was pooled in a sweet stew of raisins, egg yolks, and cream. And I was left strict written instructions not to touch it. Because I work from home, I had a taste in the morning, to make sure it was done. Then I had another slice at lunch. Then

at tea, when the girls returned from school, I couldn't help myself. I sat down with my daughters, and we did what Daddy does best. We ate what was left of this delicious dessert in one happy sitting. ☺

"THE PERFECTLY
BALANCED
MARRIAGE IS
ONE WHERE
THE CHAMPION
ALPHA WIFE
OUTSHINES HER
SHAMBLING
HUSBAND."

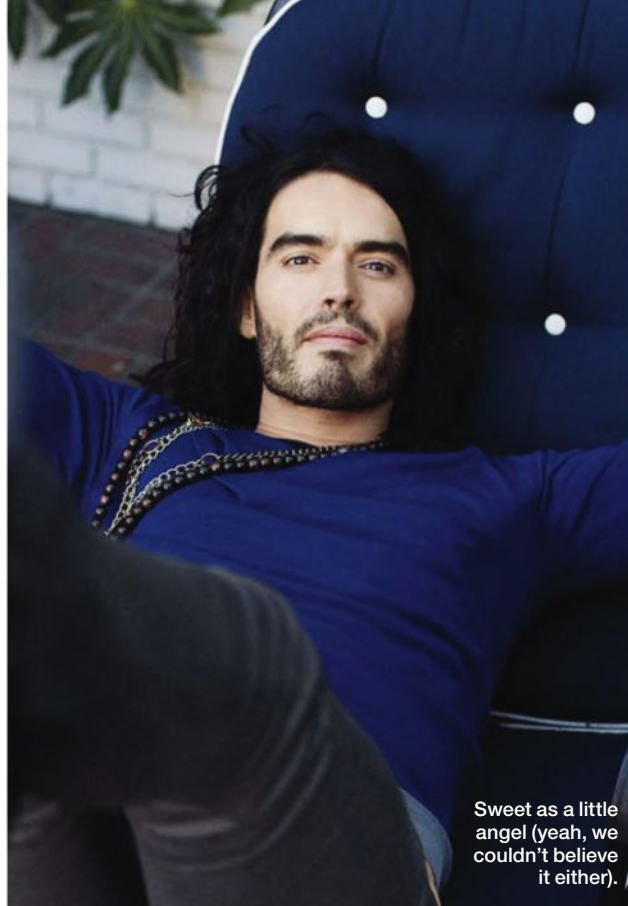
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The cuddly side of Russell Brand

He loves kids! And bunnies!
And his mom! And of course, he's head over heels for his wife, Katy Perry.



Sweet as a little angel (yeah, we couldn't believe it either).

RUSSELL AT A GLANCE

Favorite Easter candy:



CADBURY EGGS

What he doesn't understand about the U.S.:



ALL THE WORDS FOR TOILET
"Bathroom, restroom, men's room. Why?"

Right now, he's learning...



...TO DRIVE IN LOS ANGELES
"And not to use my personality during driving lessons."

You play an Easter bunny with an attitude in the new animated movie *Hop*. What inspired you to take on that role?

I'm getting to the age where my friends have children, and I thought it would be nice to do a film they could watch. I also quite like to be recognized by children; I find it sweet. Plus, I feel that the Easter Bunny as a character has never been properly articulated.

Oh, really! How is he like you?

He's mischievous and cheeky and perhaps a little misunderstood.

People see you as a bad boy. What's something soft and fuzzy about you that would surprise us?

The bad-boy label is just an assumption. I really never was that. I was a vegetarian, animal-loving child of a single mother, who I have been devoted to my whole life. I recognize that I have the ability to be selfish, but I also recognize that you can't be happy if you only care about yourself at the expense of other people.

What's one of the greatest lessons you've learned from your mom?

To listen to people and to treat them well. That's something she does with every person she meets. My mum's had cancer three times, and she's always remained charmingly free of cynicism, very open

to life, and wonderfully gentle while at the same time strong. Strength does not have to be belligerent and loud.

You're also in the remake of the comedy *Arthur*, about a man who gives up a vast fortune for love. Would you do that?

I would never give up love; I'd definitely give up money. I feel quite lucky—now that I'm married, I have this great love and partnership in my life that is the most important thing to me. I also happen to be married to a girl who is quite a lot of fun. And I'm discovering how lovely permanence and building an ongoing relationship can be, rather than always thinking, *What's next?*

Sounds like marriage has tamed you a bit.

I think I was ready for it. If you're wild, like a wild animal, marriage won't contain you. I think that's how a lot of people get into trouble. It's sort of like someone who isn't toilet-trained—this is the kind of thing that will compromise most marriages.

Katy has said she plans dates with you months in advance because you're both so busy. What's a great date, given your chaotic schedules?

The thing that constantly surprises people is how absolutely ordinary our relationship is. If you take away the things that glisten on the surface, like fame, our dates are really no different from yours or anyone else's. Dinner and a movie! —LORI BERGER

SMART MOM

New *Pebbles Treats*:
The colorful marshmallowy
snack that gives kids
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and only 90 calories.



pebblesplay.com/treats

pebblesplay.com/treats



New *Pebbles Treats*:
The colorful
marshmallowy
snack that gives kids
the rockin' taste
of *Pebbles*!

COOL MOM

Faking? He's fine with it

Why Aaron Traister thinks a little playacting—in bed and out—is good for his marriage



Redbook columnist Aaron Traister lives in Philadelphia with his wife and two kids. Read his blog at redbookmag.com/aaron.

The other week I tried to convince my wife, Karel, that I liked the vegan lasagna she'd spent several hours making. I didn't, and she could tell, but my pseudo-enthusiasm softened the blow and conveyed to her that I cared enough about her feelings to 1) try a lasagna without even dairy products in it and 2) pretend to enjoy eating the monstrosity (it really was a crime against pasta).

There are vegan lasagna moments in everyone's life, and specifically everyone's relationships—times when you have to make it look like you know what you're doing or that you're excited to be doing it. Faking it tends to get

a bad rap; people often equate it with lying. But I think of faking as lying's well-intentioned, slow-witted cousin. Faking don't wanna hurt nobody, faking just wants to help. We fake things to make our loved ones feel good or to make ourselves feel better. We do it because we're deeply invested in our partner's feelings. Allow me to share some moments of fakery in my marriage.

Faking in bed. Is there anything more clichéd? I guess that means it's a good place to start.

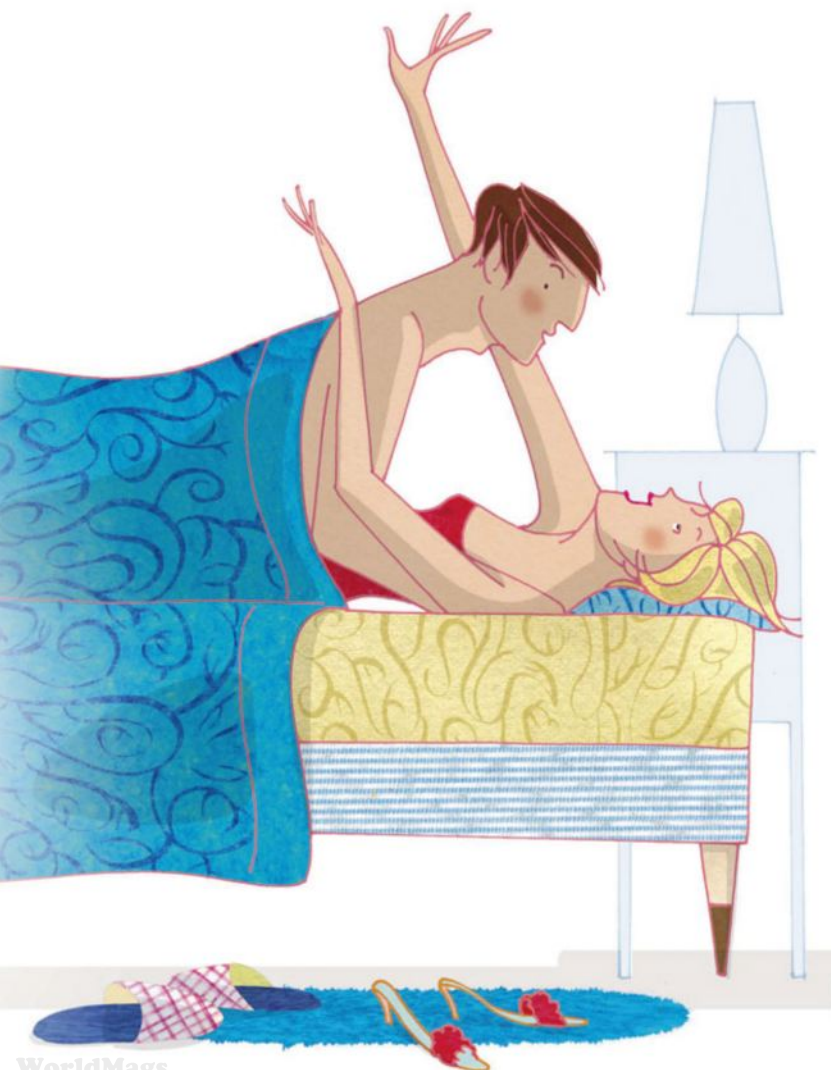
I've heard about men faking orgasm—I guess because they're tired or preoccupied by work and unable to get to happy hour (so to speak). But I've never done it.

As for Karel, she doesn't fake it in the bedroom in the traditional sense. She's not a method actor, and I truly believe she has never faked an orgasm. She just plays up her excitement along the way. I think she does it to make sure I'm entertained, and to help me get from point A to point B. When the curtain falls, she drops character immediately.

These over-the-top performances are not an everyday occurrence, so I know when it's happening, and I'm cool with it. In fact, Karel's willingness to be the occasional bedroom thespian makes me feel like when we don't have a ton of time, or she's distracted, or I'm distracted, she still cares enough about my needs to give me a totally action-packed experience, even if it's all special effects, ear-rattling explosives, and clever lighting. She's like the James Cameron movie of sex.

Faking looks. This is more involved for women than it is for men, who can't do much more than suck in their stomachs for a few seconds at a time. For women, there's a whole world of ways to make yourself look different, from Spanx and push-up bras to makeup and highlights.

Karel fakes her hair color. Her hair is completely gray (I think). She comes from a long line of hair dye-ers, but unlike others in her family, she makes radical color changes every year or so. The brunette gets a little boring, so she goes platinum blonde. Suddenly, I have a new platinum blonde wife! It's very exciting. I'm fine that it's all an illusion, because the illusion has become the reality for me. (I just blew your mind, *Inception*-style, didn't I?)



Promotion

Bookmark This

Karel doesn't fake her hair color for me. She's not worried about me seeing her gray; she's worried about seeing *herself* gray. I once suggested that she go natural for a change, and she looked at me like I was speaking Farsi. Karel says she sees no reason to look older than she is. She says she expects me and the kids to dye her hair on her deathbed, just like her family did for her grandmother. And we will, if it comes to that, because Karel's ever-changing hair color is more a part of who she is than whatever naturally grows out of her head.

It's all
special
effects and
lighting.
My wife is
the James
Cameron
movie
of sex.

I'm only absorbing a small fraction of what she's talking about, but I serve as a sounding board and practice audience so she can organize her ideas for the moments when she discusses these issues with people who really care.

To be fair, Karel is the same way about the stuff I'm interested in. I can see her going cross-eyed when I bring up football and painting and comic books. But she hangs in there like a champ. Even though I know she's not going to remember who Shady McCoy (a running back), Sidney Goodman (a painter), or Art Spiegelman (a comic book guy) are, I appreciate that she doesn't just get up and leave when I start excitedly gushing about them, and that she "listens" to my theories about their work.

The point is, whether it's Karel's uncontrollably glazing over when I tell her about my day with the kids or my feigned attentiveness when she rattles off all the different ways I could be using my new cell phone, the truth is, we're just trying not to hurt each other's feelings. We may not be fooling anyone, but at least we're still *trying* to fool someone—and isn't that what a healthy marriage is all about? ☺

Faking interest in each other's interests. Karel is extremely into farms and agriculture and sustainability and blah blah blah. I feel like if you've seen one farmers market, you've seen them all, and I feel the same way about movies and books that lecture us on everything that's wrong with how we eat. When Karel starts talking about *Food, Inc.* and *Righteous Porkchop*, I drift off into a Homer Simpson-ian fantasy world of dancing pork chops, and I probably catch every fifth word she says, just enough to get by if I'm quizzed later. Karel knows

Straight answer from the Whys Guy

Dear Whys Guy: What does he really eat for dinner when I'm not home? Because he says he's "stuffed," but the leftover chicken stir-fry hasn't been touched. —Sara, NY

Dear Sara: When you're out, he eats the raunchiest, butteriest, fried-est meat and/or cheese product available to him. If he ever smoked in his life, there's a good chance he has a cigarette after the meal too. And there is definitely beer involved. When wives leave for the night, husbands get to have a culinary affair with the edible equivalent of a scarlet woman. In fact, I get so excited that I'm not eating "heart healthy" for a change (I'm looking at you, vegan lasagna) that things can get downright weird.

Once when Karel was out of town, after I put the kids to bed, I ordered Buffalo chicken fingers from one place and an extra-cheese pizza with sausage and onions from another. The next thing I knew, I was slapping Buffalo strips on the pizza. It was nasty—and I liked it. Then I hid all the evidence. With the pizza box safely recycled in my neighbor's bin and the chicken and blue cheese containers shoved to the bottom of the trash can, Karel had no clue about my night of passion with a side of fries. So sometimes it's better not to ask—I mean, do you really want to know that your man got freaky with a BBQ sandwich called the "Fat Dude"?



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Know-it-all relatives, bratty friends—what's with everyone? Karen Karbo helps you cope.



Advice guru Karen Karbo is a mom, a teacher, and the author of *The Gospel According to Coco Chanel*.

I met a married man

A married guy has fallen in love with me. I've been trying to stay away from getting intimate, but I can't hold myself back anymore. He's ready to leave his wife for our relationship. I don't want to be the cause of his family's breakdown; I am torn between my heart and my conscience. What should I do? —R.G., 47, LAS VEGAS

If you're serious about not wanting to be the cause of his family's breakdown, then step away from the married man. Now. The fact that you might not be the actual cause of the split—but rather the grenade hurled into an already disintegrating marriage—is immaterial. And even if this guy does leave his wife, hooking up with him will turn your life into an emotional mess for the next several years. Love is amazingly complex, and so are human beings, but now is not the time to be carried away by romance. It's the time to ask yourself some tough questions. The answers will hopefully make the path forward clearer. (Also, if this is indeed "meant to be," you can always pick up again in a year or two—when he's single and the drama is mostly over.)

My friend is a tyrant

I have a group of three friends. After being belittled and used by one of them too many times, I severed our relationship. I still see her during group events, though, and that's the problem: She ignores me or glares at me. The other two are more upset with me for speaking up than they are with her. Do I have to take the abuse? —D.K., 43, DUBLIN, OH

The way I see it, you have two options. The first is to have it out with the whole group. The next time you all get together, say, "I have something to get off my chest so we can all move on. Ever since [insert tyrant's name here] and I parted ways, things have been awkward. Can we come to some kind of truce as a group?" Clearing the air gives your friendship with these women the best chance of surviving. If it's not your style to confront them like that, option two is to just forget about getting together for group things with the rude friend—you already ended that relationship—and cultivate your other two friendships individually.

My husband checks out other women

My husband ogles and smiles at other women right in front of me. Am I too insecure? If so, what can I do about it? Should I stare at and talk to handsome men? —E.C., 33, PIERRE, SD

To sneak a peek is human; to ogle openly is just plain rude. Tell him!

I'm not made of money, people!

Now that my sister and I have well-paying careers, my mom expects us to always "treat" her, my dad, and my grandmother to dinners, movies, etc., whenever they come to visit. She implies that she's done her part and now it's our turn. I don't mind on occasion, but I resent her guilt trips, particularly when the events were her idea! —M.D., 30, NEW YORK CITY

Keep in mind that your mom's actions are as much about her as they are about you: Maybe she thinks you're so successful that you can afford to treat everyone, which is tribute to you, in a way. Or perhaps she feels awkward about your income in relation to her own. Has something happened with your parents' finances? It could clear up a lot of grief to ask. That said, no one likes to be treated like a meal ticket. The next time the folks plan a visit, tell Mom in advance that you're on a new austerity plan. You need to boost your investments (or pay off your car) and you can't spring for everyone's meal/movie/minature golf game. Be polite but firm, and she'll get the picture.

Need advice about something in your life?

Send questions about friends, family, men, coworkers, and anyone else to karenkarbo@redbookmag.com. Please include your initials, age, city, and state. Letters may be edited for clarity and length.

- 
- *I hope he has someone he can talk to.*
 - *I will throw myself headfirst into reading, writing, studying, and debating to make sure there's always someone here who knows how to listen.*

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HOW TO HANDLE A MOMPETITOR

They're everywhere: women who love telling you how superior their kid is at every single bleeping thing. REDBOOK readers helped us deal.

STAY FOCUSED ON YOUR PRIORITIES

"The worst are the moms on Facebook who post every five minutes about some inane accomplishment or another, even what healthy foods their kids eat! They can make you feel bad about yourself (and your frozen chicken nuggets) if you let them, but I just remind myself that I've actually gotten dirty playing with my kid during the day while they're busy bragging online." —CHRISTINA W., 33, KNOXVILLE, TN

DISTRACT AND CONQUER

"Growing up, we lived next to a woman who constantly talked about her two girls. My mom never competed; she'd just bring

up another topic. Now, whenever I meet a mompetitor, I follow my mom's lead: I ask the woman what book she's reading, whether she's seen any new movies, or even how she and her husband met. I make it clear that while I'm interested in talking, I'm not interested in talking about her wonderful kids—or my own. I do enough of that with my husband!" —DIANE G., 50, DIX HILLS, NY

LA LA LA STOP LISTENING

"Every time I run into this one mom, she'll ask me some obvious question ('Is your son walking yet?') Um, yeah! He's 2!) as an excuse to then launch into a barrage of her precious kid's feats. I never say anything—seriously, I give her a blank stare—because, basically, I feel bad for her. Anyone with that much to prove has bigger issues. And I don't need to deal with them; I've got my own!" —NORA W., 34, BURLINGTON, VT

It's parenting, not rocket science!



There's a new must-read parenting guide... that'll teach you absolutely nothing about parenting. *Let's Panic About Babies!* by bloggers Alice Bradley (check her out on redbookmag.com) and Eden M. Kennedy helps you laugh at all the preachy child-rearing tomes that claim to know better than the average mom. We got some of their unbossy wisdom.

REDBOOK: Why do moms need a book like this?

ALICE: When I was pregnant, I read everything I could and was such a wreck that I had hives the size of guinea pigs all over.

EDEN: And I heard all the hippie stuff, like, "You have to read this article about having your baby in a bear den. It's much more natural." But I really freaked when the baby came. I looked at books and thought, *OMG, I'm doing everything wrong.* And God forbid you go on the Internet.

REDBOOK: Your kids are older now—Eden, your son is 9, and Alice, yours is 8. Do you still panic?

ALICE: Parenting definitely gets easier to handle as your kids get older, if only because you're better rested. And you can see the proof that they're doing okay. Or they're old enough to tell you all the different ways in which you're failing them. You don't need a book for that!

THE ALTERNA-GRANDPARENT

As more women give birth later, more kids are growing up without grandparents—which can be tough, because a grandparent's unconditional love boosts self-confidence, reports Allison Gilbert in her new book, *Parentless Parents*. Yet she also found that an older family friend can provide many of the same benefits. "A surrogate grandparent helps a child's net feel bigger," Gilbert says.

"They have another person to go to for advice and love." (Bonus if they can tell embarrassing stories about you as a kid!)



ADVAIR[®] DISKUS[®] 100/50

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ADVAIR DISKUS is for the treatment of asthma in patients 4 years and older. ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.

Important Safety Information About ADVAIR DISKUS for Asthma

- People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an **increased risk of death from asthma problems**. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
 - **Call your healthcare provider if breathing problems worsen over time while using ADVAIR.** You may need different treatment.
 - **Get emergency medical care if breathing problems worsen quickly and you use your rescue inhaler medicine, but it does not relieve your breathing problems.**
- ADVAIR should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as an inhaled corticosteroid.
- When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR. Your healthcare provider will decide if you can stop ADVAIR without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
- Children and adolescents with asthma who take LABA medicines may have an increased risk of hospitalization for asthma problems.
- Do not use ADVAIR to treat sudden, severe symptoms of asthma. Always have a rescue inhaler medicine with you to treat sudden symptoms.
- Do not use ADVAIR DISKUS if you have severe allergy to milk proteins. Ask your doctor if you are not sure. **Do not use ADVAIR more often than prescribed. Do not take ADVAIR with other medicines that contain a LABA for any reason.** Tell your doctor about medicines you take and about all of your medical conditions.
- **ADVAIR DISKUS can cause serious side effects, including:**
 - **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction: rash; hives; swelling of the face, mouth, and tongue; breathing problems.
 - **sudden breathing problems immediately after inhaling your medicine**
 - **effects on heart:** increased blood pressure; a fast and irregular heartbeat; chest pain
 - **effects on nervous system:** tremor; nervousness
 - **reduced adrenal function (may result in loss of energy)**
 - **changes in blood (sugar, potassium, certain types of white blood cells)**
 - **weakened immune system and a higher chance of infections.** You should avoid exposure to chickenpox and measles, and, if exposed, consult your healthcare provider without delay. Worsening of existing tuberculosis, fungal, bacterial, viral, or parasitic infections, or ocular herpes simplex may occur.
 - **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
 - **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR.
 - **slowed growth in children.** A child's growth should be checked often.
- **Common side effects of ADVAIR DISKUS include** upper respiratory tract infection, throat irritation, hoarseness and voice changes, thrush in the mouth and throat, bronchitis, cough, headache, nausea, and vomiting. In children with asthma, infections in the ear, nose, and throat are common.

Please see summary of Important Safety Information about ADVAIR DISKUS on next page.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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asthma has two
main causes?

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constriction and
inflammation.

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treats both
of them.

Which helps
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from occurring in
the first place.

ADVAIR is not
for, and should not
be used to treat, sudden,
severe symptoms of
asthma. It won't replace
a rescue inhaler.

ADVAIR[®]

®

ADVAIR DISKUS®

(fluticasone propionate and salmeterol inhalation powder)

BRIEF
SUMMARY

This summary does not take the place of talking to your healthcare provider about your medical condition or treatment. See full Prescribing Information for complete product information.

What is the most important information I should know about ADVAIR DISKUS?

ADVAIR DISKUS can cause serious side effects, including:

1. People with asthma who take long-acting beta₂-adrenergic agonist (LABA) medicines, such as salmeterol (one of the medicines in ADVAIR DISKUS), have an increased risk of death from asthma problems. It is not known whether fluticasone propionate, the other medicine in ADVAIR DISKUS, reduces the risk of death from asthma problems seen with salmeterol.
- Call your healthcare provider if breathing problems worsen over time while using ADVAIR DISKUS. You may need different treatment.
- Get emergency medical care if:
 - breathing problems worsen quickly and
 - you use your rescue inhaler medicine, but it does not relieve your breathing problems.
2. ADVAIR DISKUS should be used only if your healthcare provider decides that your asthma is not well controlled with a long-term asthma control medicine, such as inhaled corticosteroids.
3. When your asthma is well controlled, your healthcare provider may tell you to stop taking ADVAIR DISKUS. Your healthcare provider will decide if you can stop ADVAIR DISKUS without loss of asthma control. Your healthcare provider may prescribe a different asthma control medicine for you, such as an inhaled corticosteroid.
4. Children and adolescents who take LABA medicines may have an increased risk of being hospitalized for asthma problems.

What is ADVAIR DISKUS?

- ADVAIR DISKUS combines an inhaled corticosteroid medicine, fluticasone propionate (the same medicine found in FLOVENT®), and a LABA medicine, salmeterol (the same medicine found in SEREVENT®).
- Inhaled corticosteroids help to decrease inflammation in the lungs. Inflammation in the lungs can lead to asthma symptoms.
- LABA medicines are used in people with asthma and chronic obstructive pulmonary disease (COPD). LABA medicines help the muscles around the airways in your lungs stay relaxed to prevent symptoms, such as wheezing and shortness of breath. These symptoms can happen when the muscles around the airways tighten. This makes it hard to breathe. In severe cases, wheezing can stop your breathing and cause death if not treated right away.
- ADVAIR DISKUS is used for asthma and COPD as follows:

Asthma

ADVAIR DISKUS is used to control symptoms of asthma and to prevent symptoms such as wheezing in adults and children aged 4 years and older.

ADVAIR DISKUS contains salmeterol (the same medicine found in SEREVENT). LABA medicines, such as salmeterol, increase the risk of death from asthma problems.

ADVAIR DISKUS is not for adults and children with asthma who are well controlled with an asthma control medicine, such as a low to medium dose of an inhaled corticosteroid medicine.

COPD

COPD is a chronic lung disease that includes chronic bronchitis, emphysema, or both. ADVAIR DISKUS 250/50 is used long term, 2 times each day to help improve lung function for better breathing in adults with COPD. ADVAIR DISKUS 250/50 has been shown to decrease the number of flare-ups and worsening of COPD symptoms (exacerbations).

Who should not use ADVAIR DISKUS?

Do not use ADVAIR DISKUS:

- to treat sudden, severe symptoms of asthma or COPD.

- if you have a severe allergy to milk proteins. Ask your doctor if you are not sure.

What should I tell my healthcare provider before using ADVAIR DISKUS?

Tell your healthcare provider about all of your health conditions, including if you:

- have heart problems
- have high blood pressure
- have seizures
- have thyroid problems
- have diabetes
- have liver problems
- have osteoporosis
- have an immune system problem
- are pregnant or planning to become pregnant. It is not known if ADVAIR DISKUS may harm your unborn baby.
- are breastfeeding. It is not known if ADVAIR DISKUS passes into your milk and if it can harm your baby.
- are allergic to any of the ingredients in ADVAIR DISKUS, any other medicines, or food products
- are exposed to chickenpox or measles

Tell your healthcare provider about all the medicines you take including prescription and non-prescription medicines, vitamins, and herbal supplements. ADVAIR DISKUS and certain other medicines may interact with each other. This may cause serious side effects. Especially, tell your healthcare provider if you take ritonavir. The anti-HIV medicines NORVIR® (ritonavir capsules) Soft Gelatin, NORVIR (ritonavir oral solution), and KALETRA® (lopinavir/ritonavir) Tablets contain ritonavir.

Know the medicines you take. Keep a list and show it to your healthcare provider and pharmacist each time you get a new medicine.

How do I use ADVAIR DISKUS?

Do not use ADVAIR DISKUS unless your healthcare provider has taught you and you understand everything. Ask your healthcare provider or pharmacist if you have any questions.

- Children should use ADVAIR DISKUS with an adult's help, as instructed by the child's healthcare provider.
- Use ADVAIR DISKUS exactly as prescribed. **Do not use ADVAIR DISKUS more often than prescribed.** ADVAIR DISKUS comes in 3 strengths. Your healthcare provider has prescribed the one that is best for your condition.
- The usual dosage of ADVAIR DISKUS is 1 inhalation 2 times each day (morning and evening). The 2 doses should be about 12 hours apart. Rinse your mouth with water after using ADVAIR DISKUS.
- If you take more ADVAIR DISKUS than your doctor has prescribed, get medical help right away if you have any unusual symptoms, such as worsening shortness of breath, chest pain, increased heart rate, or shakiness.
- If you miss a dose of ADVAIR DISKUS, just skip that dose. Take your next dose at your usual time. Do not take 2 doses at one time.
- Do not use a spacer device with ADVAIR DISKUS.
- Do not breathe into ADVAIR DISKUS.
- **While you are using ADVAIR DISKUS 2 times each day, do not use other medicines that contain a LABA for any reason.** Ask your healthcare provider or pharmacist if any of your other medicines are LABA medicines.
- Do not stop using ADVAIR DISKUS or other asthma medicines unless told to do so by your healthcare provider because your symptoms might get worse. Your healthcare provider will change your medicines as needed.
- ADVAIR DISKUS does not relieve sudden symptoms. Always have a rescue inhaler medicine with you to treat sudden symptoms. If you do not have an inhaled, short-acting bronchodilator, call your healthcare provider to have one prescribed for you.

Call your healthcare provider or get medical care right away if:

- your breathing problems worsen with ADVAIR DISKUS
- you need to use your rescue inhaler medicine more often than usual
- your rescue inhaler medicine does not work as well for you at relieving symptoms
- you need to use 4 or more inhalations of your rescue inhaler medicine for 2 or more days in a row

- you use 1 whole canister of your rescue inhaler medicine in 8 weeks' time
- your peak flow meter results decrease. Your healthcare provider will tell you the numbers that are right for you.
- you have asthma and your symptoms do not improve after using ADVAIR DISKUS regularly for 1 week

What are the possible side effects with ADVAIR DISKUS?

- ADVAIR DISKUS can cause serious side effects, including:
- See "What is the most important information I should know about ADVAIR DISKUS?"
- **serious allergic reactions.** Call your healthcare provider or get emergency medical care if you get any of the following symptoms of a serious allergic reaction:
 - rash
 - hives
 - swelling of the face, mouth, and tongue
 - breathing problems
- **sudden breathing problems immediately after inhaling your medicine**
- **effects on heart**
 - increased blood pressure
 - a fast and irregular heartbeat
 - chest pain
- **effects on nervous system**
 - tremor
 - nervousness
- **reduced adrenal function (may result in loss of energy)**
- **changes in blood (sugar, potassium, certain types of white blood cells)**
- **weakened immune system and a higher chance of infections**
- **lower bone mineral density.** This may be a problem for people who already have a higher chance of low bone density (osteoporosis).
- **eye problems including glaucoma and cataracts.** You should have regular eye exams while using ADVAIR DISKUS.
- **slowed growth in children.** A child's growth should be checked often.
- **pneumonia.** People with COPD have a higher chance of getting pneumonia. ADVAIR DISKUS may increase the chance of getting pneumonia. Call your healthcare provider if you notice any of the following symptoms:
 - increase in mucus (sputum) production
 - change in mucus color
 - fever
 - chills
 - increased cough
 - increased breathing problems

Common side effects of ADVAIR DISKUS include:

Asthma:

- upper respiratory tract infection
- throat irritation
- hoarseness and voice changes
- thrush in the mouth and throat
- bronchitis
- cough
- headache
- nausea and vomiting

COPD:

- thrush in the mouth and throat
- throat irritation
- hoarseness and voice changes
- viral respiratory infections
- headache
- muscle and bone pain

In children with asthma, infections in the ear, nose, and throat are common.

Tell your healthcare provider about any side effect that bothers you or that does not go away.

These are not all the side effects with ADVAIR DISKUS. Ask your healthcare provider or pharmacist for more information. Call your doctor for medical advice about side effects. You may report side effects to the FDA at 1-800-FDA-1088.

Ask your healthcare provider or pharmacist for additional information about ADVAIR DISKUS. You can also contact the company that makes ADVAIR DISKUS (toll free) at 1-888-825-5249 or at www.advail.com.

GlaxoSmithKline
Research Triangle Park, NC 27709
ADD:7MG January 2011

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AD5390R0

January 2011



Former mean girl
Jamie with her kids,
Sophia, 7, Charlotte, 2,
and Etienne, 5.



To: Everyone I bullied Subject: Sorry for making your life hell

These four women never forgot the kids they tortured back in school. Now, in the midst of a bullying epidemic, they're ready to apologize. As told to Jessica Press

To: *My second-grade classmates at Jefferson Elementary school in Wisconsin*

I was mean-spirited and confused when I was 6. If I close my eyes, I can still picture one of my cruelest days perfectly: It was a snowy winter afternoon in Wisconsin, and my second-grade classmates and I were running around the playground during recess when I spotted a piece of frozen dog poop on the ground. I went right for it and threw it at someone I had cornered, picked it back up, and flung it at the next poor target. I thought it was hilarious, but it was a disgusting thing to do—and I got away with it. I always did.

Like the time I persuaded my two best friends to fill a book of *Mad Libs* with swear words and let them take the fall when the teacher confiscated it. I can still feel the hole I'd get in my stomach as I watched others get in trouble for my stunts; I was too much of a coward to fess up.

I didn't realize it then, but my bullying was a way for me to take control when everything else in my life seemed unpredictable. I went to six different schools before I was 11 because my parents moved around a lot for new jobs. To feel comfortable with my ever-changing surroundings, I manipulated others. I didn't stop until middle school, when it got harder to find anyone to do my dirty work.

As I raise my three children, Sophia, 7, Etienne, 5, and Charlotte, 2, I cringe at the thought of any of them acting like I did or being treated with that kind of cruelty. Sophia recently came home from school with a hole in her shirt. A classmate had poked a pencil through it because she was mad

that Sophia had something new to wear. While my heart broke to see her in tears, I could relate to the mean girl who had done this to her. As we chatted, I learned that the bully didn't have many friends, so I suggested that Sophia invite the girl to join in the next time she's playing with classmates. And I told her that bullies aren't bad kids: They're acting out for other reasons. —JAMIE GUMIENY-FINK, 32

To: *The junior high teacher I picked on... and so many others*

I'm sorry for always being so unruly in your class, despite the principal's repeated attempts to discipline me. I'm sorry for the nasty notes I wrote about you and for preying on how powerless and weak you seemed when you couldn't control our class. When you resigned, I knew it was partly because of



Terri: Equal parts bully and victim.

Promotion

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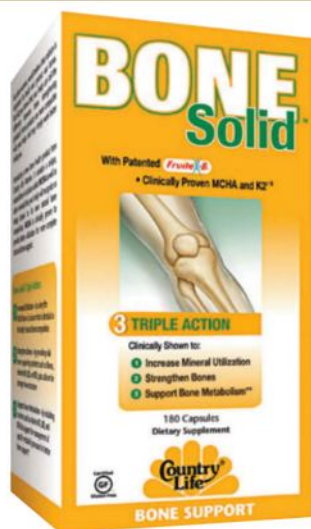


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my menacing behavior. But even that didn't stop me. My bullying was relentless: I threw a chunk of asphalt at a girl. I punched a boy in the stomach. I pulled hair and hit people. Once, in high school, I pushed a classmate into the mud during a flag football game, simply because she was *too* perfect and I couldn't stand it.

There's no excuse for what I did, but there is an explanation: I bullied because *I was bullied*. I was born with a birth defect in my left eye called Duane syndrome; it made me look cross-eyed unless I turned my head slightly to the left. Even now, eight years after having surgery to correct it, I still feel deep pain when I relive the moments when people called me a cross-eyed freak. I can still taste the slush puddle another bully pushed *me* into.

I'd probably still be a terror today—a domineering wife, a vindictive boss—if I hadn't gotten on a path to truly forgiving others and myself when I became a born-again Christian in college. Now I understand that my behavior was a cry for help, and I only wish adults had paid as much attention to my feelings as they did to my victims'. All I wanted was for people to stop tormenting me. I just didn't know how to ask for that. —TERRI KRUSCHKE, 39

To: *My junior high school victims*

I felt lost and confused in the social hierarchy of seventh grade as the bewildering concept of popularity took root. To cope with feeling out of place, I made my classmates feel worse than I did. I stopped bullying by the time I got to high school, because I realized that I had torched so many potential friendships. But my guilt hit new heights as an adult, when I had my son, Leo, now 10, who has intense autism.

I never bullied kids like Leo (I somehow knew better than that), but I did bully a girl who had a sister with special needs. So to her: I'm sorry I made your life harder than it already was by mocking your upturned nose and "oinking" at you in class, and for prank-calling your house only to laugh at you before hanging up. And I'm sorry to everyone else I teased—the girl with the mole on her face, the classmate who wore bolo ties, and the boy with the funny-sounding name. At the time, my victims asked why I couldn't be nicer. I just didn't know how to explain that I preyed on them so I could have even the slightest bit of power in a new school where I felt so small and overlooked.

Now, as a writer and a cofounder of a special-ed PTA chapter in Redwood City, CA, I go to extremes to stand up for people who can't advocate for themselves. Recently, we were at Leo's favorite playground and he was desperate to play on the merry-go-round. I resisted, worried the other kids would be jerks just like I once was. In the end, I gave in, and luckily everyone had a blast. But it kills me to imagine someone treating Leo the way I had treated other kids, when I'm not around to protect him. No child should feel forced to sit on the sidelines. I didn't appreciate that as a mean, lost adolescent, but I do now. —SHANNON

DES ROCHES ROSA, 41



Thirty years wiser, Shannon takes bullying very seriously.

COURTESY OF SUBJECT (2)

To: *My childhood best friend*

I've said this to you before, but I'm saying it again: I'm sorry I started that fistfight with you in the sixth grade. You were my closest friend, and I turned on you to get in good with the popular girls. They were obviously jealous of how beautiful and sweet you were, but they convinced me you needed to be "taught a lesson." I'm sorry I threw the first punch and, with the popular girls egging me on, proceeded to hit and slap you. I wanted to stop, but in that moment, being accepted by that clique seemed more important than anything else. In the end, you won the fight, the cool girls wanted nothing to do with me, and our friendship was shattered.

We were 12 years old, and I had such low self-esteem that I couldn't tolerate the possibility of someone not liking me. I bullied other girls who picked on my friends, too, convincing myself that they'd like me more if I stood up for them.

My family didn't know about my bullying. But if they had, they probably would've seen that I was grieving over the death of my beloved grandmother, who passed away not long before I started acting out. She was the one person I could talk to about anything. Without her, I longed for new ways to feel accepted. It's ironic that I thought I could win new friends by using my fists.

When my daughter was 16, I told her about my bullying

past to make sure she didn't make the same mistakes I did, and to show her how profoundly it had affected me. My regret has stuck with me all these years and influenced my career path to help others as an author, therapist, and motivational speaker. As a mom, I talk to my children about everything, from what they're feeling to what their fears are. Kids won't articulate what's really going on unless they're asked—I certainly didn't. —MARY GILDER, 47



Mary transformed from bad girl to role model.

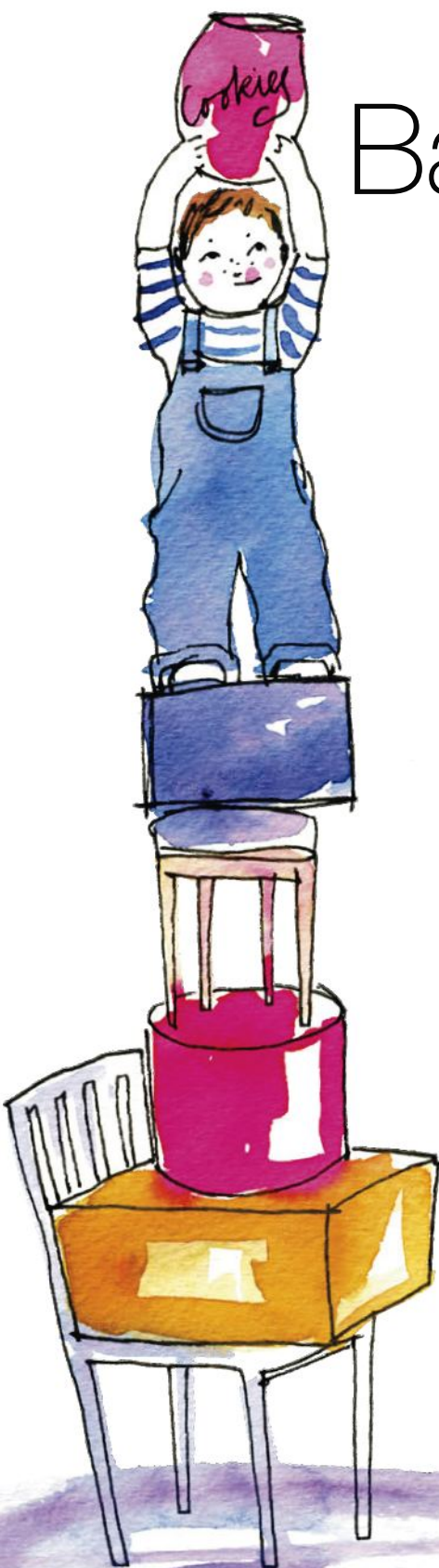
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Bad in a good way

Who showed Ada Calhoun, a terminal perfectionist, that breaking some rules can be healthy? Her 4-year-old son.

“Don’t do your homework!” my mother called out to me from the living room. *“Where the Boys Are* is on television!”

I protested. I had a worksheet to do.

“Don’t worry,” she said. “I’ll write your teacher a note.” Dutifully, I sat down on the couch. But, because I was the goody-est of Goody Two-shoes, the next morning I ripped up her note and did my homework on the bus to school.

I grew up in New York City’s East Village in the ’80s, raised by rather glamorous bohemians—my mother was an actress, my father a writer—who were baffled by my compulsive perfection. They enforced few rules on me, their only child (outside of mandatory viewing of Connie Francis movies), so I made my own Draconian ones: Straight A’s required on every report card. Thank-you notes written the very day a present was received. I didn’t even allow myself to sit down on the subway, lest I fail to notice a pregnant woman standing.

Then one day, I—I—got in trouble at school. It had just rained. At recess, my friends and I ran out onto the blacktop, straight for a puddle glistening with oil rainbows. The yard monitor blew her whistle. We were “benched” until our shoes dried. I cried so hard I had to be sent to the nurse. My parents began to joke uneasily about giving me “bad lessons.”

Their curriculum didn’t work. For most of my life, I’ve been terrified that a metaphorical whistle is about to blow, telling me I’ve somehow screwed up.

Then I became the mother of a little boy. At age 4, he is kind and by no means a Bad Kid, but he roughhouses with his

friends and occasionally disobeys, dragging his feet on the way to school or sneaking a piece of chocolate he’s been told he can’t have.

With some regularity, he gets in trouble and is punished by me, by his father, or by his teacher. What happens next is a revelation for me: He sheds a couple of tears, serves his sentence, and then jumps right back into the game. For him, getting in trouble is bad, but it’s not the end of the world. His lack of torment surprises and—once I get over my annoyance—thrills me. *Could it be, I marvel, that for him, being yelled at is just something that happens, like books at bedtime?*

And, by the same logic, could it therefore be possible for me to leave a random email unanswered? If I show up to a meeting less than completely prepared, might the world continue to spin?

“I got in trouble today,” my son told me at a recent pickup, as I looked through his backpack for a form I might need to fill out and return promptly the next morning.

“Why?” I asked.

“Max and I weren’t listening to Ms. Kathy,” he said, “so she separated us.”

I made sure he knew he should listen to his teacher. He *did* know. But for one moment during circle time, he’d decided it was worth breaking the rule. My son’s cost-benefit approach to trouble reminds me that some things are more important than perfection—like hearing a friend’s urgent secret or getting your socks wet on a warm spring day. **■**

Ada Calhoun is the author of *Instinctive Parenting: Trusting Ourselves to Raise Good Kids*.



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Important Safety Information for Atelvia™ (risedronate sodium) delayed-release tablets

You should not take Atelvia™ if you are on Actonel® (risedronate sodium), have problems of the esophagus which delay emptying into the stomach, have low blood calcium (hypocalcemia), cannot stand or sit upright for at least 30 minutes, or are allergic to any of the ingredients.

Stop taking Atelvia™ and tell your doctor right away if you have trouble or pain when you swallow, chest pain, or new or worsening heartburn, as these may be signs of serious upper digestive problems. Take Atelvia™ right after breakfast and follow dosing instructions carefully to lower the chance of these events occurring. Regularly talk to your doctor about how long taking Atelvia™ for the treatment of osteoporosis is right for you.

Side effects may include diarrhea, flu-like symptoms, stomach pain, upset stomach, or back, muscle, bone or joint pain, sometimes severe. Contact your doctor for medical advice about side effects, or if you have questions about Atelvia™. Promptly tell your doctor if you develop dental problems, as serious jawbone problems have been reported rarely. Inform your doctor of any new or unusual pain in your hip, groin, or thigh as unusual thigh bone fractures have been reported rarely.

**Please read the Medication Guide for Atelvia™, found at the end
of the Prescribing Information at www.atelvia.com.**

**You are encouraged to report negative side effects of prescription drugs
to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.**



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2890 December 2010

Atelvia™ 35 mg
(risedronate sodium) delayed-release tablets
Start the day your way

Atelvia™ (risedronate sodium) delayed-release tablets

Brief Summary of Medication Guide

What is the most important information I should know about Atelvia?

Atelvia can cause serious side effects including:

1. Esophagus problems
2. Low calcium levels in your blood (hypocalcemia)
3. Severe jaw bone problems (osteonecrosis)
4. Bone, joint, or muscle pain
5. Unusual thigh bone fractures

1. Esophagus problems

Some people who take Atelvia may develop problems in the esophagus (the tube that connects the mouth and the stomach). These problems include irritation, inflammation, or ulcers of the esophagus which may sometimes bleed.

- It is important that you take Atelvia exactly as prescribed to help lower your chance of getting esophagus problems. (See the section "How should I take Atelvia?")
- Stop taking Atelvia and call your doctor right away if you get chest pain, new or worsening heartburn, or have trouble or pain when you swallow.

2. Low calcium levels in your blood (hypocalcemia).

Atelvia may lower the calcium levels in your blood. If you have low blood calcium before you start taking Atelvia, it may get worse during treatment. Your low blood calcium must be treated before you take Atelvia. Most people with low blood calcium levels do not have symptoms, but some people may have symptoms. Call your doctor right away if you have symptoms of low blood calcium such as:

- Spasms, twitches, or cramps in your muscles
- Numbness or tingling in your fingers, toes, or around your mouth

Your doctor may prescribe calcium and vitamin D to help prevent low calcium levels in your blood, while you are taking Atelvia. Take calcium and vitamin D as your doctor tells you to.

3. Severe jaw bone problems (osteonecrosis).

Severe jaw bone problems may happen when you take Atelvia. Your doctor should examine your mouth before you start Atelvia. Your doctor may tell you to see your dentist before you start Atelvia. It is important for you to practice good mouth care during treatment with Atelvia.

4. Bone, joint, or muscle pain.

Some people who take Atelvia develop severe bone, joint, or muscle pain.

5. Unusual thigh bone fractures.

Some people have developed unusual fractures in their thigh bone. Symptoms of a fracture may include new or unusual pain in your hip, groin, or thigh.

Call your doctor right away if you have any of these side effects.

What is Atelvia?

Atelvia is a prescription medicine used to treat osteoporosis in women after menopause.

It is not known how long Atelvia works for the treatment and prevention of osteoporosis. You should see your doctor regularly to determine if Atelvia is still right for you.

Atelvia is not for use in children.

Who should not take Atelvia?

Do not take Atelvia if you:

- Have certain problems with your esophagus, the tube that connects your mouth and stomach
- Cannot sit or stand up for at least 30 minutes
- Have low blood calcium (hypocalcemia)
- Are allergic to any of the other ingredients in Atelvia. See the end of this leaflet for a complete list of ingredients in Atelvia.

What should I tell my healthcare provider before taking Atelvia?

Before you take Atelvia, tell your healthcare provider if you:

- Have problems swallowing
- Have stomach or digestive problems
- Have low blood calcium
- Plan to have dental surgery or teeth removed
- Have kidney problems
- Have been told you have trouble absorbing mineral in your stomach or intestines (malabsorption syndrome)
- Are pregnant or plan to become pregnant. It is not known if Atelvia can harm your unborn baby.

- Are breastfeeding or plan to breastfeed. It is not known if Atelvia passes into your breast milk and may harm your baby. You and your doctor should decide if you will take Atelvia or breastfeed. You should not do both.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins and herbal supplements. Certain medicines may affect how Atelvia works.

Especially tell your doctor if you take:

- Actonel® or other medicines to treat osteoporosis
- calcium supplements
- antacids
- laxatives
- iron supplements

Ask your doctor or pharmacist for a list of these medications, if you are not sure. Know the medicines you take. Keep a list of them to show your doctor and pharmacist when you get a new medicine.

How should I take Atelvia?

- Take Atelvia exactly as your doctor tells you.
- Take Atelvia 1 time a week **right after breakfast**. Choose a day of the week to take Atelvia that best fits your schedule.
- Take Atelvia with at least 4 ounces (about 1-half cup) of plain water.
- Swallow Atelvia tablets whole. **Do not chew, cut, or crush** Atelvia tablets before swallowing. If you cannot swallow Atelvia tablets whole, tell your doctor. You may need a different medicine.

After swallowing Atelvia wait at least 30 minutes:

- Before you lie down. You may sit, stand or walk, and do normal activities like reading.
- Before you take other medicines, including antacids, calcium, and other supplements and vitamins.

Do not lie down for at least 30 minutes after you take Atelvia.

If you miss your weekly Atelvia dose, take Atelvia the morning after you remember then return to your normal schedule. Do not take 2 doses at the same time.

You should take calcium and vitamin D as directed by your doctor.

If you take too much Atelvia, call your doctor. Do not try to vomit. Do not lie down.

What are the possible side effects of Atelvia?

Atelvia may cause serious side effects:

- See "What is the most important information I should know about Atelvia". The most common side effects of Atelvia include:

- diarrhea
- flu-like symptoms
- muscle pain
- back and joint pain
- upset stomach
- stomach area (abdominal) pain

You may get allergic reactions, such as hives or, in rare cases, swelling of your face, lips, tongue, or throat.

Tell your doctor if you have any side effect that bothers you or that does not go away.

These are not all the possible side effects of Atelvia. For more information, ask your doctor or pharmacist.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

This Brief Summary of Medication Guide summarizes the most important information about Atelvia. If you would like more information, talk with your doctor. You can ask your pharmacist or doctor for information about Atelvia that is written for health professionals.

For more information, go to www.atelvia.com or call 1-800-521-8813.



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Rockaway, NJ 07866
1-800-521-8813

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Revised February 2011



"I Lost **42** lbs. with **NEW** Hydroxycut! It Really Works!"

"I was self-conscious and unhappy. I just wouldn't go to the beach before, but now that I've lost the weight with help from Hydroxycut in my diet and exercise plan, I love the beach. I feel more confident than ever and I'm a new person. Thanks Hydroxycut!"

Brittany Dobrin



Brittany Dobrin – Toronto, ON

Brittany used Hydroxycut with diet and exercise and was remunerated.

Clinically Proven Key Ingredients¹



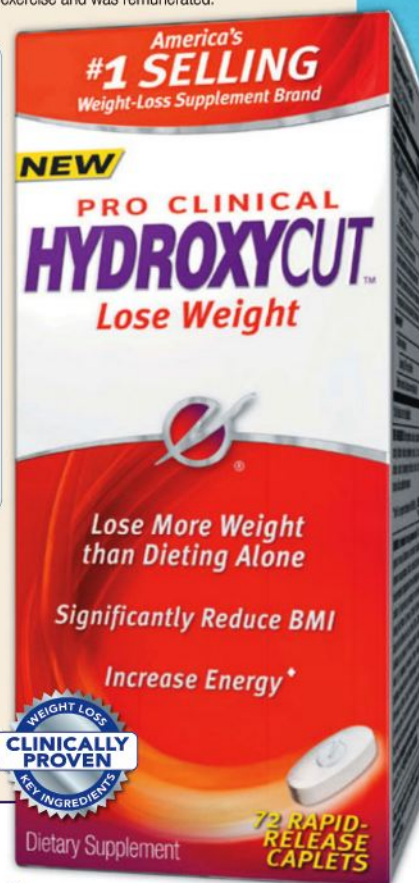
The clinically tested key ingredient combination is proven effective in two separate studies to provide powerful weight loss versus dieting alone. In fact, average weight loss with key ingredients was 20.94 lbs. vs. 1.70 lbs. with placebo in one 12-week study, and 16.50 lbs. vs. 1.73 lbs. in one 8-week study funded by the makers of Hydroxycut. All groups followed a calorie-reduced diet.



"I've reviewed the studies of the clinically proven key ingredients. Subjects lost significantly more weight than dieting alone. I highly recommend new Pro Clinical Hydroxycut."

— Dr. Jeff Delson, M.D.
New York, NY

Hydroxycut.comSM



SUPER★**CENTERS**

GNC LiveWell.

CVS/pharmacy

Walgreens

Vitamin Shoppe
Answers for Every BodySM

RITE AID

meijer

¹The key ingredients (Hydroxyprovia™ blend) in Pro Clinical Hydroxycut™ are *Alchemilla vulgaris*, *Olea europaea*, *Cuminum cyminum* and *Mentha longifolia*.

♦Another ingredient (caffeine anhydrous [1,3,7-trimethylxanthine]) supports increased energy.

♦♦Based on IRI F/D/MX sales data for 4 weeks ending 10/31/10. Read the entire label before use. © 2010.

Christa Miller, interviewed by her kids Charlotte, 10, Will, 8, and Henry, 4

The *Cougar Town* star and her three kids talk life, love, and Dad's cute tush!

Charlotte: Who's your favorite person you've ever kissed on TV?

Christa: I kissed Benjamin Bratt in a miniseries I did for television. He's not as great a kisser as Daddy. But I have to say he's very cute.

Henry: My daddy says that's unacceptable!

Will: When was your first kiss?

Christa: The summer before ninth grade.

Will: My first kiss will be when I'm 11.

Christa: That's too young! When do you really think it will be?

Will: 13?

Christa: How about 19?

Charlotte: Did you have any other jobs besides acting?

Christa: I used to deejay, and I modeled. Grandma Mimi was a model too; I was on the cover of REDBOOK with her when I was 3.

Henry: Does Dad have a cute tushie?

Christa: You bet. I think Dad has the cutest tushie I've ever seen!

Charlotte: When I get a boyfriend, will you behave yourself or act crazy?

Christa: When I meet your boyfriend, he'd better be supernice and...

Charlotte: Supercute!

Christa: And what else?

Charlotte: Polite?

Christa: And what's the most important thing—the thing Daddy makes me do?

All kids: Laugh!

—ADAPTED BY LORI BERGER

Christa tells it like she sees it on ABC's *Cougar Town*.

*FREE Watson and the Case of The Sneaky Stealer book with the purchase of Watson Racoon Interactive Story Buddy (regularly \$85) while supplies last. One free Watson and the Case of The Sneaky Stealer book per Watson Racoon Story Buddy. Not valid on past purchases. Offer voided.

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MAKE IT WORK

TIME, JOB & MONEY TIPS YOU NEED NOW

IT'S 5 P.M.

Time to hit the ROAD

● **Learn new stuff.** American drivers spend about 87 minutes a day in the car, according to an ABC News poll. Use that time to take in a podcast, says Jonathan S. Kaplan, Ph.D., author of *Urban Mindfulness*. Download free episodes of *This American Life* at npr.org and TED talks at ted.com.

● **Take a breather.** Kaplan suggests this calming technique when you're in traffic: Take a deep breath in through your nose, feeling your belly expand. Then exhale through pursed lips. It'll help you relax, and a new University of North Carolina study says focused breathing also boosts memory.

● **Sneak in some beauty.** Car windows don't block UVA rays, so keep SPF 30 towelettes in your glove box. Other ideal items for when you're stuck in park: tweezers (natural light + rear-view mirror = brow-shaping nirvana), cuticle cream, and three-minute teeth-whitening strips. —NICOLE YORIO

FIVE-MINUTE MONEY MANAGER

Survive a cash-flow crisis!



REDBOOK's money expert, Beth Kobliner, is the author of *Get a Financial Life* and is on the President's Advisory Council on Financial Capability.

It happens. One minute you're in the black, the next you're blindsided by budget-blowing surprises (fun stuff like a root canal or car trouble). Stay calm and follow this advice:

● **Tap your friendliest biller first.** Dial up offices that know you personally, like your dentist. They're more likely to give you extra time to pay without reporting it to credit

bureaus (so your credit score won't take a hit). But be sure always to ask up front about interest rates and penalty fees.

● **Devise a new payment plan.** Been in this bind before? Consider phoning the National Foundation for Credit Counseling (nfcc.org) or the Association of Independent Consumer Credit Counseling Agencies (aiccca.org). They can work with your creditors to negotiate a more budget-friendly payback schedule with a reasonable interest rate.

● **Beware short-term loans from new sites** like billfloat.com, which pays bills of up to \$225 for you but requires you to pay it back in 30 days, with 3 percent interest plus a fee. One little loan could quickly spiral into a black hole of debt.

GOT WORK RAGE?

Pleasefireme.com, a site where workers can anonymously submit get-me-outta-here war stories, is publishing a compendium of their best entries this month. "Please fire me," one post reads. "My boss just left a message saying she needed my help. The emergency? She was stuck in her coat." Log on and let someone else's cubicle pain relieve yours.



Maureen and her husband, Chris, at home in Chicago with kids Evelyn, 2, and Mack, 10 months.

"MY MONEY M.O."

We asked mom Maureen Brusznicki, 30, to spill the saving secrets that keep her family's budget on track while her husband, Chris, gets his new business off the ground.

While I work part-time for a local furniture dealer, my husband, a former banker, is growing his new vacation-rentals company, gameday housing.com. As with any start-up, we never know how much money he'll bring in month-to-month, so I had to get savvy with saving.

● **My shining moment of resourcefulness:** We recently wanted to buy the foreign-language software Fluenz to learn Spanish, but it cost \$600—a *huge* splurge. I sold DVDs, jeans that no longer fit, and a few coats on eBay so we could afford it. It only took me three days to raise the cash!

● **Savings trick my friends think is insane:** Cloth diapers. Many estimates say parents spend nearly \$4,000 per kid on diapers. I spent \$500 for the cloth-diaper gear and not a penny more since.

● **The last time I negotiated—and won:** After my newborn son was hospitalized for five days with a blood infection, we were billed \$1,500. I explained that we had paid \$1,000 for his delivery only a few weeks before, and within five minutes they agreed to a 15-month payment plan with zero interest.

● **Who enforces the budget:** I do. Chris is much more relaxed about money, so I'm the one who says we can only eat out once a week, if that. It's better that way; if we were both tightwads, we'd probably never go out! —AS TOLD TO DEBRA SHIGLEY

FINANCIAL 411

- **After-tax household income:** \$70,000
- **Debt:** \$75,000 in graduate school loans for Chris
- **Rent:** \$2,000

Enjoy tax-day perks on April 18 (yes, the date moved!): 2 free Cinnabon Bites, a free Maggie Moo's mini sundae, \$10.40 entrées at McCormick & Schmick's.



NO ONE WANTS TO
TAKE THEIR DOG OUT FOR
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Small-town mom, worldwide goal



Shayne Moore, center, in Zambia in 2009.

On Shayne Moore's to-do list: check homework, switch laundry, end AIDS and poverty. She's a One Campaign superstar, and she's ready to recruit *you*.



"I can't travel without my Kindle. I got through most of *War and Peace* on it when I was flying to Africa for 17 hours."



"On my first trip to Kenya, I bought this cross. It was so big I had to drag it around in a separate suitcase for the two-week trip. I don't know what I was thinking!"



It all started because I'm a U2 fan. I learned about the AIDS crisis in an accidental way. In 2002, a friend called to tell me that Bono was speaking at our local college as part of his Heart of America tour. I love Bono—I had to see him. I grabbed my 1- and 4-year-olds, sped to campus, and paid off a freshman for his student ticket. That's when I learned about the One Campaign [an organization that fights poverty and preventable disease] and how I got involved.

Don't mess with a mother's love. When I went to Honduras in 2005, I was hit with a deeply disturbing reality that my life as a mom could have been very different. I met a woman who was dying of AIDS. Two of her children had AIDS too. On her wall, there was a picture of her family when they were healthy; what a difference from the family in the room. The reality of AIDS kicked in, and it broke my heart.

Make your own waves. When I was starting out, I held a movie screening about AIDS at a local college. Next, I held a tea for an HIV-positive woman from Zambia to tell her story. At those moments, I thought, *Wow, I can really influence*. They gave me the push to think bigger. Since then, the work I've done has created jobs for 687 coffee farmers in Central America, given scholarships to 201 girls in Africa, and donated 50,000 bicycles there. Proceeds from my book, *Global Soccer Mom*, go to the Global Fund, which has provided AIDS and anti-tuberculosis treatment to millions.

Kids learn by osmosis. When I went to Zambia last year, I uploaded photos on Facebook every night, and my daughter, Greta, printed them out to show her fifth-grade class. On the last page of her report, there was a picture of a 5-year-old I'd met and the words, "Anyone can make a difference. It doesn't matter how small you are." —AS TOLD TO NICOLE YORIO

"My husband and I do date night every Wednesday. We drop off the kids at youth group and go get sushi. We'll discuss the kids' lives or how we'll manage while I'm traveling."

"Julia Roberts and I did a commercial for One after she had twins. She had no make-up on and was covered in spit-up. I left there thinking, *She happens to be a celebrity, but she's a mom like me.*"



"I love a charity called World Bicycle Relief, which gives bikes to poor families. A man I met in Africa built a contraption on his bike to fit two goats. He'd ride to the city and sell them for five times more than what he'd get at home. It can change a family's world."



CLOCKWISE FROM TOP RIGHT: COURTESY OF SUBJECT; MARTIN HARVEY/GETTY IMAGES; WIREIMAGE/GETTY IMAGES; NICHOLAS EVE/LEIGH/GETTY IMAGES; COURTESY OF SUBJECT; KINDLE; BEN GOLDSTEIN/STUDIO D; WAR AND PEACE; COURTESY OF RANDOM HOUSE.



A new birth control pill that's **everything** you are.

New Lo Loestrin™ Fe has the lowest daily dose of estrogen available today in a Pill – just 10 micrograms – and gives you the contraceptive protection you need. In other words, a ten for a ten.

Lo Loestrin™ Fe is a prescription medicine indicated for use by women to prevent pregnancy.

IMPORTANT SAFETY INFORMATION about Lo Loestrin™ Fe

Serious as well as minor side effects have been reported with the use of birth control pills. **Smoking increases your risk of serious cardiovascular side effects from the Pill, including blood clots, stroke, or heart attack, which can be fatal. This risk increases with age and the number of cigarettes you smoke. Do not use Lo Loestrin™ Fe if you smoke cigarettes and are over 35 years old.**

Some women should not use the Pill, including women who have or have had blood clots; breast cancer or any cancer that is sensitive to female hormones; a history of heart attack or stroke; high blood pressure that medicine can't control; diabetes with kidney, eye, nerve, or blood vessel damage; liver disease or liver tumors; certain kinds of severe migraine headaches; as well as those who are or may be pregnant.

Oral contraceptives do not protect against HIV infection (AIDS) and other sexually transmitted diseases.

Please see the Brief Summary of Patient Information on next page or Full Prescribing Information, which includes the Patient Information, for Lo Loestrin™ Fe at www.loloestrin.com

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

www.LoLoestrin.com | 1-855-LoLoFe10



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2803 December 2010

Lo Loestrin™ Fe

(norethindrone acetate and ethinyl estradiol tablets,
ethinyl estradiol tablets and ferrous fumarate tablets)
1 mg/10 mcg and 10 mcg

Lo Loestrin™ Fe
(norethindrone acetate and ethinyl estradiol tablets, ethinyl estradiol tablets
and ferrous fumarate tablets)

Brief Summary of Patient Information

WARNING TO WOMEN WHO SMOKE

Do not use Lo Loestrin Fe if you smoke cigarettes and are over 35 years old. Smoking increases your risk of serious cardiovascular side effects (heart and blood vessel problems) from birth control pills, including death from heart attack, blood clots or stroke. This risk increases with age and the number of cigarettes you smoke.

Birth control pills help to lower the chances of becoming pregnant when taken as directed. They do not protect against HIV infection (AIDS) and other sexually transmitted diseases.

What is Lo Loestrin Fe?

Lo Loestrin Fe is a birth control pill. It contains two female hormones, an estrogen called ethinyl estradiol, and a progestin called norethindrone acetate.

Who should not take Lo Loestrin Fe?

Your healthcare provider will not give you Lo Loestrin Fe if you have:

- Ever had blood clots in your legs (deep vein thrombosis), lungs (pulmonary embolism), or eyes (retinal thrombosis)
- Ever had a stroke
- Ever had a heart attack
- Certain heart valve problems or heart rhythm abnormalities that can cause blood clots to form in the heart
- An inherited problem with your blood that makes it clot more than normal
- High blood pressure that medicine can't control
- Diabetes with kidney, eye, nerve, or blood vessel damage
- Ever had certain kinds of severe migraine headaches with aura, numbness, weakness, or changes in vision
- Ever had breast cancer or any cancer that is sensitive to female hormones
- Liver disease, including liver tumors

Also, do not take birth control pills if you:

- Smoke and are over 35 years old
- Are or suspect you are pregnant
- Are allergic to anything in Lo Loestrin Fe

Birth control pills may **not** be a good choice for you if you have ever had jaundice (yellowing of the skin or eyes) caused by pregnancy, also called cholestasis of pregnancy.

Tell your healthcare provider if you have ever had any of the above conditions (your healthcare provider may recommend another method of birth control).

What else should I know about taking Lo Loestrin Fe?

Birth control pills do not protect you against any sexually transmitted disease, including HIV, the virus that causes AIDS.

Do not skip any pills, even if you do not have sex often.

If you miss a period, you could be pregnant. However, some women miss periods or have light periods on birth control pills, even when they are not pregnant. Contact your healthcare provider for advice if you:

- Think you are pregnant
- Miss one period and have not taken your birth control pills every day
- Miss two periods in a row

Birth control pills should not be taken during pregnancy. However, birth control pills taken by accident during pregnancy are not known to cause birth defects.

You should stop Lo Loestrin Fe at least four weeks before you have surgery and not restart it until at least two weeks after the surgery, due to an increased risk of blood clots.

If you are breastfeeding, consider another birth control method until you are ready to stop breastfeeding. Birth control pills that contain estrogen, like Lo Loestrin Fe, may decrease the amount of milk you make. A small amount of the pill's hormones pass into breast milk.

Tell your healthcare provider about all medicines and herbal products that you take. Some medicines and herbal products may make birth control pills less effective, including: barbiturates, bosentan, carbamazepine, felbamate, griseofulvin, oxcarbazepine, phenytoin, rifampin, St. John's wort, and topiramate.

Consider using another birth control method when you take medicines that may make birth control pills less effective.

Birth control pills may interact with lamotrigine, an anticonvulsant used for epilepsy. This may increase the risk of seizures, so your healthcare provider may need to adjust the dose of lamotrigine.

If you have vomiting or diarrhea, your birth control pills may not work as well. Use another birth control method, like a condom and spermicide, until you check with your healthcare provider.

If you are scheduled for any laboratory tests, tell your healthcare provider that you are taking birth control pills. Certain blood tests may be affected by birth control pills.

What are the most serious risks of taking Lo Loestrin Fe?

Like pregnancy, birth control pills increase the risk of serious blood clots, especially in

women who have other risk factors, such as smoking, obesity, or age greater than 35. It is possible to die from a problem caused by a blood clot, such as a heart attack or a stroke. Some examples of serious blood clots are blood clots in the:

- Legs (deep vein thrombosis)
- Lungs (pulmonary embolus)
- Eyes (loss of eyesight)
- Heart (heart attack)
- Brain (stroke)

A few women who take birth control pills may get:

- High blood pressure
- Gallbladder problems
- Rare cancerous or noncancerous liver tumors

All of these events are uncommon in healthy women.

Call your healthcare provider right away if you have:

- Persistent leg pain
- Sudden shortness of breath
- Sudden blindness, partial or complete
- Severe pain or pressure in your chest
- Sudden, severe headache unlike your usual headaches
- Weakness or numbness in an arm or leg, or trouble speaking
- Yellowing of the skin or eyeballs

What are the common side effects of birth control pills?

The most common side effects of birth control pills are:

- Spotting or bleeding between menstrual periods
- Nausea
- Breast tenderness
- Headache

These side effects are usually mild and usually disappear with time.

Less common side effects are:

- Acne
- Less sexual desire
- Bloating or fluid retention
- Blotchy darkening of the skin, especially on the face
- High blood sugar, especially in women who already have diabetes
- High fat (cholesterol, triglyceride) levels in the blood.
- Depression, especially if you have had depression in the past. Call your healthcare provider immediately if you have any thoughts of harming yourself
- Problems tolerating contact lenses
- Weight gain

These are not all of the possible side effects of Lo Loestrin Fe. For more information, ask your healthcare provider or pharmacist.

No serious problems have been reported from a birth control pill overdose, even when accidentally taken by children.

What should I know about my period when taking Lo Loestrin Fe?

When you take Lo Loestrin Fe you may have bleeding and spotting between periods, called unscheduled bleeding. Approximately half of the women who use Lo Loestrin Fe have unscheduled bleeding or spotting in the first months of use, and about one-third of users continue to have unscheduled bleeding or spotting after one year of use. If the unscheduled bleeding or spotting is heavy or lasts for more than a few days, you should discuss this with your healthcare provider.

What if I miss my scheduled period when taking Lo Loestrin Fe?

It is not uncommon to miss your period. However, if you go two or more months in a row without a period, or you miss your period after a month where you did not take all your pills correctly, call your healthcare provider because you may be pregnant. Also notify your healthcare provider if you have symptoms of pregnancy such as morning sickness or unusual breast tenderness. Stop taking Lo Loestrin Fe if you are pregnant.

Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088 or www.fda.gov/medwatch.

This is only a summary of important information about Lo Loestrin Fe. You can ask your healthcare provider or pharmacist for complete product information about Lo Loestrin Fe OR visit www.loloestrin.com



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Revised December 2010

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What's your shopology?

We've all got a shopping weak spot, one place we lose all budgetary control. Discover yours here and get a grip. By Rory Evans



We used to dream of time spent alone on a beach somewhere. Alone in the tranquil oasis of a fancy spa. As time goes on (and reality sets in), the dream evolves: Alone, pushing a shopping cart through the local big-box store. Alone, luxuriating in mascara choices in the drugstore makeup aisle. For women with full houses and fuller schedules, shopping offers a precious opportunity for purposeful aimlessness, a place to be solitary for a delicious hour or more. The only drawback: You walk out lugging a ton of purchases you didn't intend to make while "browsing." Sound familiar? Here's how to get the retail therapy you need without the sticker shock.

The QVC MVP

HER HABITAT: The comfort of her own home, possibly even the comfort of her memory-foam pillow-top mattress (bought in three easy payments).

YOU KNOW HER BY: Her Rachel Zoe faux-fur vest, her ultrasonic electric toothbrush, her SteamMax steam cleaner.

CHECKOUT CONFSSIONAL: "When I first got married, I became a *when-my-husband's-away* insomniac because he traveled often for work," says Debbie, a 43-year-old mother of three in Buffalo, NY. "I'd keep the TV on all night, tuned to QVC." Eventually, the channel became her regular destination. "It doesn't matter what's on. I'll tune in for a car wax segment." She's not just listening—recent splurges include a tummy-tuck camisole and Mrs. Prindle's caramel apples.

GET A GRIP: "The QVC channel is all about time-limited offers," explains Martin Lindstrom, author of *Buyology: Truth and Lies About Why We Buy*. "Hosts constantly remind viewers that time is running out, creating enormous urgency to buy now." Lindstrom recommends logging on

to qvc.com instead. "You can get the same stuff without the pressure—and extra time to hunt around online for a better deal."

The drugstore junkie

HER HABITAT: CVS, Walgreens, Rite Aid

YOU KNOW HER BY: Her insights on the newest no-slip-grip ponytail-holder technology, her encyclopedic knowledge of OTC cold remedies, the perpetually stocked jar of caramel creams on her desk.

CHECKOUT CONFSSIONAL: Ellen, 42, a mother of an 8- and a 6-year-old in Maplewood, NJ, describes going to CVS the way others might speak of a trip to an ashram: "I just wander the aisles to get a calm, de-stressing experience. Almost in a trance, I've found myself at the checkout counter, shelling out for four types of sippy cups, three cutesy toys, and a fancy new digital baby thermometer, never mind the fact that we barely use the one we already had."

GET A GRIP: Shop for yourself first. "There's a reason the cosmetics aisle is your last stop before checking out," says retail anthropologist Paco Underhill, author of *What Women Want*. "Once a woman has shopped for everyone else in the family, she wants to reward herself." To curb overspending, don't reach for a cart or basket. "The average person can hold eight items in their two hands," Lindstrom says, "and do you need more than that from a drugstore?"

The big-box devotee

HER HABITAT: Costco, BJ's, Sam's Club

YOU KNOW HER BY: The SUV always parked in the driveway... because her garage is filled with bulk bundles of Brawny, gallon cartons of Pepperidge Farm Goldfish, and five-quart cans of garbanzo beans.

CHECKOUT CONFSSIONAL: "I go every three or four weeks," reports Annemarie, 38, a high school teacher in Lafayette, CA, whose love affair with Costco began when she moved to a larger house with a pantry. She gets



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*Compared to Double Roll Quilted Northern Soft and Strong®



everything from a year's supply of oatmeal to bags of rice that, at 10 pounds, outweigh both of her kids at birth. Inevitably, she's made a few regrettable purchases. More than a year ago, she bought an enormous two-pack of body lotion that failed to wow her: "I'm still finishing it!"

GET A GRIP: "Unless you're the Duggars, bulk buying can lead to overspending," says Ramani Durvasula, a professor of psychology at California State University, Los Angeles and an expert in behavioral issues like addiction. Ounce for ounce, the products may be a bargain, but the line between stocking up and hoarding is a fine one, especially "if you're accumulating



items no family could use in a reasonable amount of time, like 40 boxes of detergent." Team up with friends for warehouse shopping; you can split the merchandise and *still* get the savings.

The Target go-getter

HER HABITAT: Target, or the equally alluring Walmart or Big Lots

YOU KNOW HER BY: The red cart overloaded like the Clampetts' truck, with everything from cat litter to Xhilaration lingerie.

CHECKOUT CONFESSIOAL: "I'm in heaven when I can let my OCD label-reading, comparison-shopper true self emerge at Target," says Alyssa, 42, of Cincinnati. "I love the array of merch. And I've been known to rock a Mossimo top... or three."

GET A GRIP: Those huge shopping carts are one reason you spend more, Lindstrom notes. "Research shows that if the size of the shopping cart has doubled, you are

going to buy 40 percent more. You look inside and think, *Hey, I haven't bought a lot*, but in reality you're probably already over budget." Shop with a list, ladies!

The online omnivore

HER HABITAT: Her desk at work, her laptop at home

YOU KNOW HER BY: The lightning speed with which she can collapse an Overstock.com page and bring up a spreadsheet; a car trunk full of Zappos boxes to be returned.

CHECKOUT CONFESSIOAL: Whenever she needs a break from work, Kathy, 35, a mom of two in Galena, OH, looks no further than her mouse. "I often plan to run errands at lunch, but ultimately, I buy online because the two-day wait is no big deal." In a single month last year, she rented a bouncy castle for a birthday party, bought outdoor lights for her house, and picked up a boat—a *boat!*—on eBay.

GET A GRIP: "Paying for purchases online can be equivalent to using casino chips," Durvasula says. "We'd gamble a lot less if we had to put five-dollar bills on the table." Let items linger in your virtual cart for a day before pulling the trigger to avoid buyer's remorse.

The craft store addict

HER HABITAT: Michael's, Jo-ann's

YOU KNOW HER BY: Her spectrum of construction paper, die-cut hole punches for any occasion (minuscule leprechaun hat, anyone?), and glitter under her fingernails.

CHECKOUT CONFESSIOAL: "When I see pictures of Martha Stewart's craft area in her house, I know that if I had the time and money, my supplies would look like that," jokes Lori, 38, a teacher and mother of three in Metuchen, NJ. Instead, Lori's projects are crammed into two closets and have gone untouched for years. "I've bought kits to make my own soap," she says. "I get home, make one bar, and remember, *Wait, I can buy this for 79 cents.*"

GET A GRIP: "There's definitely a human instinct to create something of value," says Bridget Brennan, author of *Why She Buys* and an expert in women's spending habits. To make sure you see a project through, sign up for an art class with a friend where you can, say, decoupage a frame in one night. Satisfying, but sane. **B**



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Clean up your linen closet!

This so-easy-we-can't-stand-it way of organizing lets you grab the right sheets, towels, and supplies without (hardly) looking.



● **Save space with vacuum-sealed bags.** You'll get way more room by sucking the extra air out of quilts, blankets, and beach towels. But don't give the vacuum treatment to comforters or pillows—they won't fluff back up when you take them out.

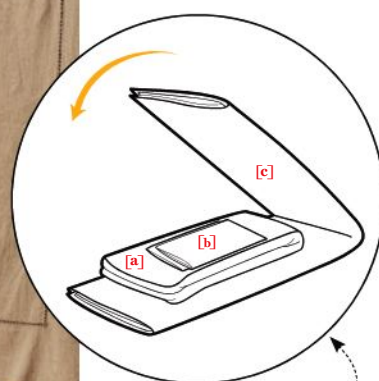
● **Use bins for hotel minis, etc.** Oh, don't look at us like that—we know you steal from hotel bathrooms too. Put your travel-size loot in one bin, and meds, first-aid stuff, and seasonal items in a few others.

● **Place dividers between piles of towels.** Separate by bathroom (guests, kids, master). Tip: A rubber ducky makes it supereasy for your little ones to spot their stack.

● **Install towel rods on the door** and hang your tablecloths so you won't have to iron out creases. There: One less thing to do before your next party.

Use soaps as sachets

Store a foldable step stool down low



SHEET-FOLDING TRICK

● **Here's how to make each set into a nice, neat stack:**

1. Tuck in the corners of the fitted sheet [a] while you fold it. Then fold your pillowcases [b] and place both in a pile.
2. Fold your flat sheet [c] until it forms a long strip.
3. Rest the fitted sheet and cases on one half of the flat sheet. Just fold the flat sheet over them, and you're done!



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100-CALORIE SNACK POUCHES AVAILABLE IN THE *POP-TARTS*® TOASTER PASTRIES AISLE.

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THE *IMPERFECTIONIST*

“From time to time, I reserve the right to declare ‘YOYO’ night. Translation: You’re On Your Own! I let my kids, ages 10, 8, and 5, get creative and help them put together their own meals from leftovers or other things they find in the fridge or pantry.”

—DORIS ROBINSON, 41, MASON, OH

MAKE A **QUICK BUCK** ON OLD ELECTRONICS

Here’s how: Find the item you want to sell on gazelle.com, enter a description of its condition, and the site will quote how much it’s worth. Once you agree to sell, gazelle.com will send you free packaging and shipping labels. Too good to be true? REDBOOK staffers tried it out.

“I sent in an iPhone that had a crack in its corner and got \$45! Not bad, considering I would have recycled it.” —NICOLE YORIO, ASSOCIATE EDITOR

“I had a digital camera that was in good condition. Because it’s a few years old, I was only offered \$21, but that’s better than nothing. I’d definitely let them take some other things off my hands.” —DORI KLOTZMAN, ASSISTANT PHOTO EDITOR

“I tried to sell printers, but they didn’t accept them. But I was impressed that the site directed me to nearby recycling centers.” —RIDGE CARPENTER, DEPUTY ART DIRECTOR



HOT GUY WITH A HANDY TIP

Wilmer Valderrama

The voice of *Handy Manny* has a knack for keeping the workplace green.

“I have a production company that develops a lot of scripted shows, so we go through tons of paper. When we finish reading a script, we turn the paper over and put it back into the printer or copy machine and use the other side. We’ve reduced our paper consumption by half, and so far, I’ve gotten about six other companies to do the same thing. It’s supereasy.”

TIME SHAVERS

Tackle the mail pile—*faster*



- **Purge daily.** Set up an inbox for each person in the house and keep a recycling bin and a shredder nearby so you can sort, toss, and shred in one session, says Redmond, WA–based business coach Kathy Paauw.
- **Shred selectively.** If you’re worried about identity theft, shred credit card receipts, bank statements, insurance forms, and documents that contain your account information or Social Security number, says Paauw. Everything else can get trashed.
- **Cure “I’ll need it later” syndrome.** Eighty percent of the mail we file away never gets referenced again, Paauw says. Before you create a fire hazard, ask yourself if you’ll miss a personal note or whether an account statement can be accessed online later if necessary. Otherwise, shred or toss.
- **Go paperless.** Set up online bill pay through your bank so statements come in via email, or go to manilla.com, a site that lets you manage bills, accounts, and subscriptions—all in one place. No more checks, stamps, or trips to the post office.
- **De-junk.** Go to dmachoice.org to be removed from mailing lists for marketing materials, catalogs, and credit card applications.

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- Reduce appetite, putting you in control of what you eat*
- Lose more weight than dieting alone*



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. †In a double-blind, placebo-controlled clinical study published in the International Journal of Obesity, Nov. 2009, study female participants following a weight loss program, used 3 full sprays of Fullfast® under the tongue 5 times a day. Within 5 days, they started to feel less hungry and experienced "significantly greater feelings of fullness" than the placebo group over the full 8-week trial period. All trademarks are property of their respective owners. © 2011 All Rights Reserved KRL.

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Walgreens

10 ways to be green (without even trying hard)

End the green guilt—and **honor Earth Day** on April 22—by plucking a few ideas from this list. They're all mini moves with major eco-impact. By Jessica Press



changes, and it inspired me to help others do the same," she says. Bonus: Practically Green offers feel-good rewards such as virtual merit badges and free product samples as you adopt eco-friendly habits.

2 Drive a bit less and walk, carpool, or ride your bike to work one day this week. Driving just 20 fewer miles a week can save roughly 1,000 pounds of carbon dioxide pollution over one year.

3 Plant 10 trees for only \$10 by joining the Arbor Day Foundation, the largest nonprofit devoted to tree conservation, at arborday.org/members. You can choose to receive saplings and plant them yourself in your backyard or have the foundation plant them in your honor in a national forest.

4 Dry-clean responsibly. Punch your home zip code into nodryclean.com to get a list of cleaners near you that use nontoxic processes. (And say no to the plastic wrapping while you're there!)

5 Twist an inexpensive, low-flow aerator onto the tip of your kitchen faucet. You'll instantly slash water usage by nearly 30 percent—and you truly won't be able to tell the difference. Buy one at your local hardware or home-improvement store.

6 Text COOL to 90999 to donate \$5 to the nonprofit

Clean Air–Cool Planet, which helps companies, schools, and communities reduce their carbon footprints.

7 Recycle deactivated cell phones and old chargers—which leach dangerous toxins like mercury into the environment if you toss them in the trash—at any T-Mobile retail store. (Not a T-Mobile customer? That's okay; they accept phones from all carriers.) If you don't have a store nearby, you can print a prepaid label at t-mobile.com/handsetrecycling and drop it in the mail instead.

8 Download goodguide.com's free iPhone app to make the greenest on-the-go choices while shopping. The application can scan the barcodes of more than 70,000 common food and household products, from Cheerios to Windex, and rate how environmentally responsible the items are on a scale of one to 10.

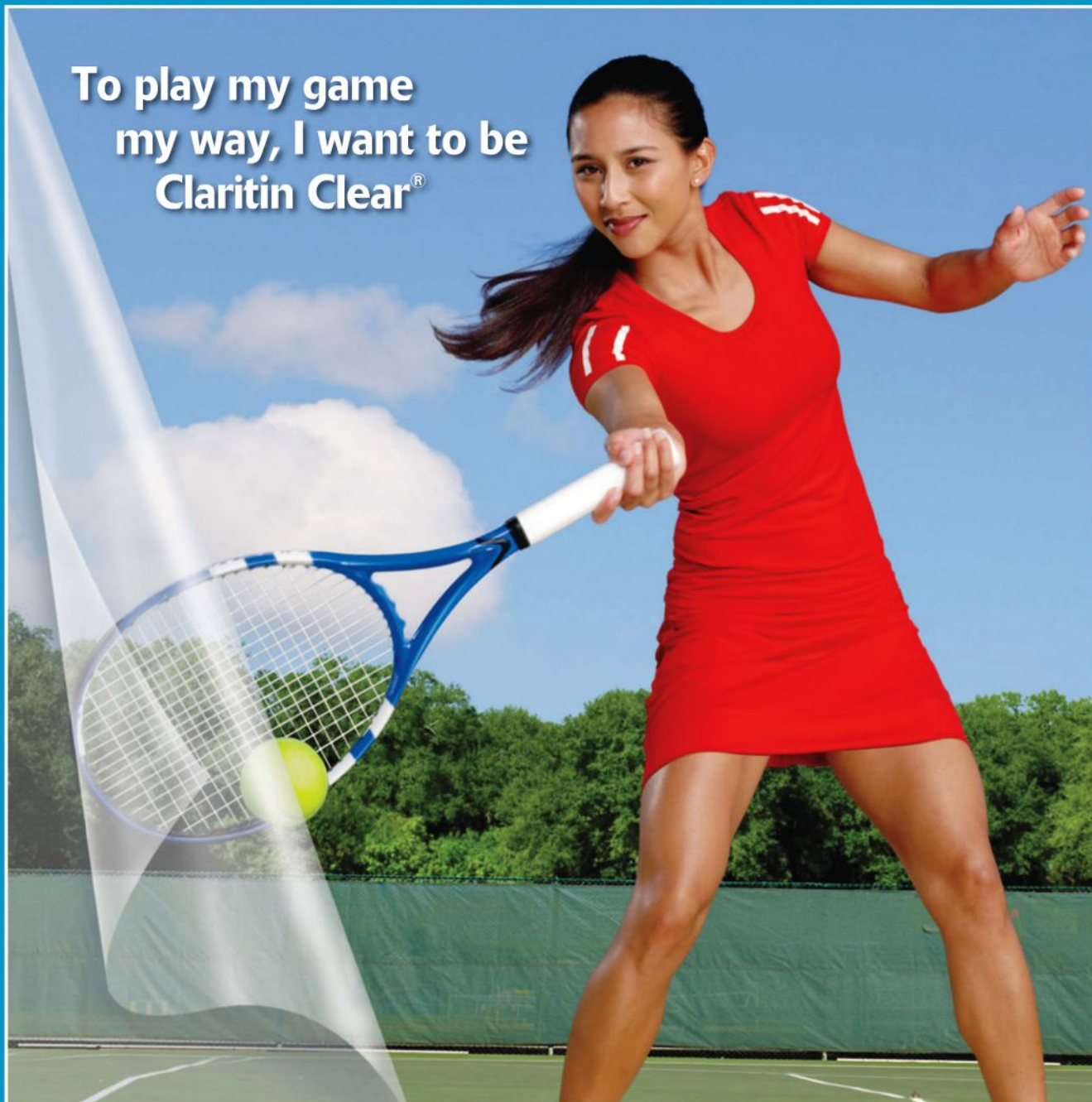
9 Pack your lunch (and your kids' lunches) in reusable sacks. Paper and plastic bags both use up vital natural resources and end up in landfills by the billions. (The cute recycled sacks at blueavocado.com start at \$9.99.)

10 Eat vegetarian today. If every American substituted something meatless for one chicken dish every week, it would save as much carbon dioxide as taking 500,000 cars off the road. Flip to page 187 for lots of yummy, meat-free recipes! **11**

Green thumb, greener planet! Plant one tree and it'll offset one ton of carbon dioxide pollution in its lifetime.

1 Quiz yourself by taking the fast, free "How green am I?" test at practicallygreen.com, a site started by mompreneur Susan Hunt Stevens, 41. It will give you an overall view of how you stack up—levels include "sorta kinda green" and "wicked green" (yes, Susan is from Boston!)—and generates an individualized to-do list of simple switches you can make. Susan was motivated to green-over her own life after her son was diagnosed with a number of food and environmental allergies. "I started by making really small and easy

To play my game
my way, I want to be
Claritin Clear[®]



**Only Claritin[®] is proven to keep you as alert
and focused as someone without allergies.[†]**

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[†]Only brand clinically tested.

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Live Claritin Clear.[®]

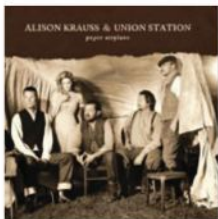
Surf's up, **R-Patz** is hitting the big top, there's great new music to refuel your iPod. Spring break starts right *here*.

DOWNLOAD IT!



►TO WAKE UP: Peter Bjorn and John

The groovy Swedish group who brought us the whistle-happy single "Young Folks" are back with *Gimme Some*, a new album full of fun pop hooks. We can't stop playing "Breaker Breaker."



►TO WIND DOWN: Alison Krauss & Union Station

Their new release, *Paper Airplane*, is a collection of gorgeous heartbreak songs spiked with plenty of bluegrass flavor. It's musical comfort food: soulful, soothing, and addictive.



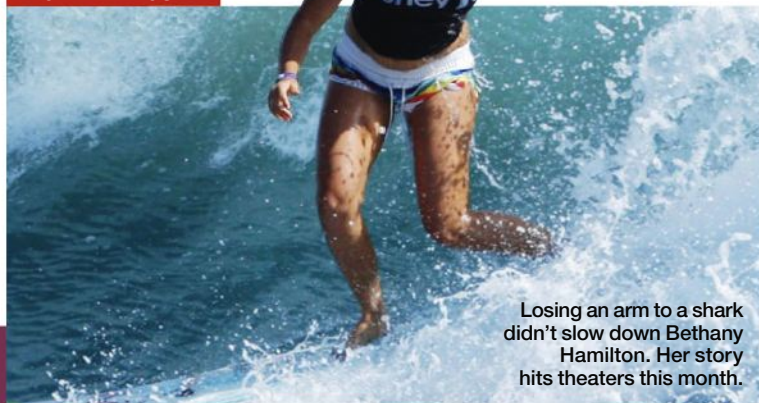
WATCH IT!

THE GROWN WOMAN'S TWILIGHT

Water for Elephants, Sara Gruen's best-selling novel, gets the Hollywood treatment on April 22. Robert Pattinson stars as Jacob, a Depression-era veterinary student who falls in with a traveling circus, its gorgeous star (Reese Witherspoon), and her loose cannon of a husband (Christoph Waltz). There's intrigue and stunning sets, but let's be honest: It's all about Pattinson's smolder—and his leap from leading boy to leading *man*.

It's okay to pretend you're Reese in this picture.

KNOW ALL ABOUT IT!



Losing an arm to a shark didn't slow down Bethany Hamilton. Her story hits theaters this month.

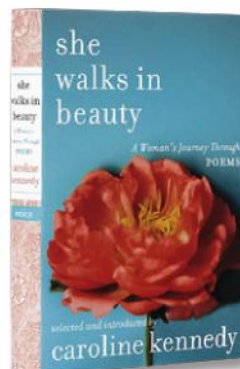
Surfing with the stars

In 2003, at the age of 13, surfer Bethany Hamilton lost an arm in a shark attack. The movie version of her memoir, *Soul Surfer*, starring AnnaSophia Robb, Helen Hunt, and Dennis Quaid, is out this month. Bethany told us how well she and her parents hit it off with their celebrity counterparts: "My mom hadn't been surfing in two years, just because she's getting older. But one day we were hanging out with the actors, and Helen convinced her to go surfing together! Then Dennis paddled out with my dad, and AnnaSophia and I came too. It was so fun to have the two families on our boards, and I think it re-sparked my mom's passion. Hopefully we'll get her surfing more often!"

READ IT!

POETRY, ALIVE AND KICKING!

So you love poetry (theoretically, anyway) but haven't read more than two stanzas since high school. Wake up your literary side with the new collection *She Walks in Beauty*, edited by Caroline Kennedy. "Poems marked occasions in our family," Kennedy told REDBOOK. "So I got in the habit of giving poems to mark special times, and gradually my friends became a part of this rich exchange too. Giving someone a poem is a way of saying you understand the way they see the world." Or... a totally passive-aggressive way to tell your spouse to can it:



A WORD TO HUSBANDS

To keep your marriage brimming With love in the loving cup, Whenever you're wrong, admit it; Whenever you're right, shut up. —Ogden Nash

Really?!? A new survey conducted by TiVo found that 53 percent of Americans would rather have their in-laws stay with them for a month than give up TV.



Important Safety Information About CIMZIA® (certolizumab pegol)

What is the most important information I should know about CIMZIA?

CIMZIA is a prescription medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA, including tuberculosis (TB) and infections caused by viruses, fungi, or bacteria that have spread throughout the body. Some patients have died from these infections. Your doctor should test you for TB before starting CIMZIA. Your doctor should monitor you closely for signs and symptoms of TB during your treatment with CIMZIA.

Certain Types of Cancer

There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents. CIMZIA is not approved for use in pediatric patients. For people taking TNF-blocker medicines, including CIMZIA, the chances for getting lymphoma or other cancers may increase. People with RA, especially more serious RA, may have a higher chance for getting a kind of cancer called lymphoma.

Before starting CIMZIA, tell your doctor if you

- Think you have an infection. You should not start taking CIMZIA if you have any kind of infection, are being treated for an infection or have signs of an infection such as fever, cough or flu-like symptoms or if you get a lot of infections or have infections that keep coming back.
- Have any open cuts or sores
- Have diabetes or HIV
- Have TB, or have been in close contact with someone with TB
- Were born in, lived in, or traveled to countries where there is more risk of getting TB. Ask your doctor if you are not sure.
- Live or lived in certain parts of country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, blastomycosis). These infections may develop or become severe if you take CIMZIA. If you do not know if you have lived in these types of areas, ask your doctor.
- Have or have had hepatitis B
- Have or have had any type of cancer
- Have congestive heart failure
- Have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis

- Are scheduled to receive a vaccine. Do not receive a live vaccine while taking CIMZIA
- Are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.
- Especially tell your doctor if you take: Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab), or another TNF blocker. You have a higher chance for serious infections when taking CIMZIA with these medicines. You should not take CIMZIA while you take one of these medicines.

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

What are the possible side effects of CIMZIA? CIMZIA can cause serious side effects including:

Heart Failure including new heart failure or worsening of heart failure you already have; **Nervous System Problems** such as Multiple Sclerosis, seizures, or inflammation of the nerves of the eyes; **Allergic Reactions**. Signs of an allergic reaction include a skin rash, swollen face, or trouble breathing; **Hepatitis B virus reactivation in patients who carry the virus in their blood**. In some cases, patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood; **Blood Problems**. Your body may not make enough of the blood cells that help fight infections or help stop bleeding; **Immune reactions including a lupus-like syndrome**. Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects of CIMZIA are: upper respiratory infections (flu, cold), rash, and urinary tract infections (bladder infections).

Other side effects have happened in some people including new psoriasis or worsening of psoriasis you already have and injection site reactions.

You are encouraged to report negative side effects to FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

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Please see Brief Summary on following page.

CRD057-1210H



For treatment of adults with moderate to severe Rheumatoid Arthritis

Cimzia. RA relief that can help you get a **better grip** on life.



Fast, Lasting Cimzia has been clinically proven vs. placebo to reduce RA pain, stiffness and fatigue in as little as 1-2 weeks for some patients. The majority experienced RA signs and symptoms improvement within 6 months which lasted through 1 year and prevented further joint damage. Your results may vary. Based on what you and your doctor decide, Cimzia can be injected every 2 or 4 weeks after initial dosing.

Ask your doctor about the benefits and risks of Cimzia.

Pre-filled syringe designed for ease and comfort in partnership with **OXO GOODGRIPS**

Please read the Important Safety Information on the adjacent page.



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(certolizumab pegol)

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Call 1-877-793-6410

Consumer Brief Summary for Cimzia® (certolizumab pegol) CONSULT PACKAGE INSERT FOR FULL PRESCRIBING INFORMATION.

Read the Medication Guide that comes with CIMZIA before you start using it, and before each injection of CIMZIA. This brief summary does not take the place of talking with your doctor about your medical condition or treatment.

What is the most important information I should know about CIMZIA?

CIMZIA is a medicine that affects your immune system. CIMZIA can lower the ability of the immune system to fight infections. Serious infections have happened in patients taking CIMZIA. These infections include tuberculosis (TB) and infections caused by viruses, fungi or bacteria that have spread throughout the body. Some patients have died from these infections.

- Your doctor should test you for TB before starting CIMZIA.
- Your doctor should monitor you closely for signs and symptoms of TB during treatment with CIMZIA.

Before starting CIMZIA, tell your doctor if you:

- think you have an infection. You should not start taking CIMZIA if you have any kind of infection.
- are being treated for an infection
- have signs of an infection, such as a fever, cough, flu-like symptoms
- have any open cuts or sores on your body
- get a lot of infections or have infections that keep coming back
- have diabetes
- have HIV
- have tuberculosis (TB), or have been in close contact with someone with TB
- were born in, lived in, or traveled to countries where there is more risk for getting TB. Ask your doctor if you are not sure.
- live or have lived in certain parts of the country (such as the Ohio and Mississippi River valleys) where there is an increased risk for getting certain kinds of fungal infections (histoplasmosis, coccidioidomycosis, or blastomycosis). These infections may develop or become more severe if you take CIMZIA. If you do not know if you have lived in an area where histoplasmosis, coccidioidomycosis, or blastomycosis is common, ask your doctor.
- have or have had hepatitis B
- use the medicine Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), or Tysabri® (natalizumab)

After starting CIMZIA, if you get an infection, any sign of an infection including a fever, cough, flu-like symptoms, or have open cuts or sores on your body, call your doctor right away. CIMZIA can make you more likely to get infections or make any infection that you may have worse.

Certain types of Cancer

- There have been cases of unusual cancers in children and teenage patients using TNF-blocking agents.
- For people taking TNF-blocker medicines, including CIMZIA, the chances of getting lymphoma or other cancers may increase.
- People with RA, especially more serious RA, may have a higher chance of getting a kind of cancer called lymphoma.

See the section "What are the possible side effects of CIMZIA?" for more information.

What is CIMZIA?

CIMZIA is a medicine called a Tumor Necrosis Factor (TNF) blocker. CIMZIA is used in adult patients to:

- Lessen the signs and symptoms of moderately to severely active Crohn's disease (CD) in adults who have not been helped enough by usual treatments.
 - Treat moderately to severely active rheumatoid arthritis (RA).
- It is not known whether CIMZIA is safe and effective in children.

What should I tell my doctor before starting treatment with CIMZIA?

CIMZIA may not be right for you. Before starting CIMZIA, tell your doctor about all of your medical conditions, including if you:

- **have an infection.** (See, "What is the most important information I should know about CIMZIA?")
- **have or have had any type of cancer**
- **have congestive heart failure**
- **have seizures, any numbness or tingling, or a disease that affects your nervous system such as multiple sclerosis**
- **are scheduled to receive a vaccine.** Do not receive a live vaccine while taking CIMZIA.
- **are allergic to any of the ingredients in CIMZIA.** See the end of this Brief Summary for a list of the ingredients in CIMZIA.

Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding. CIMZIA has not been studied in pregnant or nursing women.

Tell your doctor about all the medicines you take including prescription and nonprescription medicines, vitamins and herbal supplements. Your doctor will tell you if it is okay to take your other medicines while taking CIMZIA. Especially, tell your doctor if you take:

- Kineret® (anakinra), Orencia® (abatacept), Rituxan® (rituximab), Tysabri® (natalizumab). You have a high chance for serious infections when taking CIMZIA with Kineret®, Orencia®, Rituxan®, or Tysabri®.

- A TNF blocker: Remicade® (infliximab), Humira® (adalimumab), Enbrel® (etanercept), Simponi® (golimumab).

You should not take CIMZIA, while you take one of these medicines.

How should I use CIMZIA?

- If your doctor prescribes the CIMZIA lyophilized pack for reconstitution, CIMZIA should be injected by a healthcare provider.
- If your doctor prescribes the CIMZIA prefilled syringe, see the section "Patient Instructions for Use" at the end of the Medication Guide for complete instructions for use. Do not give yourself an injection of CIMZIA unless you have been shown by your doctor or nurse.
- CIMZIA is given by an injection under the skin, into your abdomen or thigh area. Your doctor will tell you how much CIMZIA to inject and how often to inject CIMZIA, based on your condition to be treated. Do not use more CIMZIA or inject more often than prescribed.

What are the possible side effects of CIMZIA?

CIMZIA can cause serious side effects including:

See "What is the most important information I should know about CIMZIA?"

- **Heart Failure** including new heart failure or worsening of heart failure you already have. Symptoms include shortness of breath, swelling of your ankles or feet, or sudden weight gain.
- **Nervous System Problems** such as multiple sclerosis, seizures, or inflammation of the nerves of the eyes. Symptoms include dizziness, numbness or tingling problems with your vision, and weakness in your arms or legs.
- **Allergic Reactions.** Signs of an allergic reaction include a skin rash, swelling of the face, tongue, lips, or throat, or trouble breathing.
- **Hepatitis B virus reactivation in patients who carry the virus in their blood.** In some cases patients have died as a result of hepatitis B virus being reactivated. Your doctor should monitor you carefully during treatment with CIMZIA if you carry the hepatitis B virus in your blood. Tell your doctor if you have any of the following symptoms:
 - feel unwell
 - tiredness (fatigue)
 - poor appetite
 - fever, skin rash, or joint pain
- **Blood Problems.** Your body may not make enough of the blood cells that help fight infections or help stop bleeding. Symptoms include a fever that doesn't go away, bruising or bleeding very easily, or looking very pale.
- **Immune reactions including a lupus-like syndrome.** Symptoms include shortness of breath, joint pain, or a rash on the cheeks or arms that worsens with sun exposure.

Call your doctor right away if you develop any of the above side effects or symptoms.

The most common side effects in people taking CIMZIA are:

- upper respiratory infections (flu, cold)
- rash
- urinary tract infections (bladder infections)

Other side effects with CIMZIA include:

- **Psoriasis.** Some people using CIMZIA had new psoriasis or worsening of psoriasis they already had. Tell your doctor if you develop red scaly patches or raised bumps that are filled with pus. Your doctor may decide to stop your treatment with CIMZIA.
- **Injection site reactions.** Redness, rash, swelling, itching or bruising can happen in some people. These symptoms will usually go away within a few days. If you have pain, redness, or swelling around the injection site that doesn't go away within a few days or gets worse, call your doctor right away.

Tell your doctor about any side effect that bothers you or does not go away.

These are not all of the side effects with CIMZIA. Ask your doctor or pharmacist for more information.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

General information about CIMZIA

Medicines are sometimes prescribed for purposes that are not mentioned in Medication Guides. Do not use CIMZIA for a condition for which it was not prescribed. Do not give CIMZIA to other people, even if they have the same condition. It may harm them.

This brief summary summarizes the most important information about CIMZIA. If you would like more information, talk with your doctor. You can ask your doctor or pharmacist for information about CIMZIA that is written for health professionals.

For more information go to www.CIMZIA.com or call 1-866-4CIMZIA (424-6942).

Always keep CIMZIA, injection supplies, puncture-proof container, and all other medicines out of the reach of children.

What are the ingredients in CIMZIA?

CIMZIA lyophilized powder: Active ingredient: certolizumab pegol. Inactive ingredients: sucrose, lactic acid, polysorbate. The pack contains Water for Injection, for reconstitution of the lyophilized powder. CIMZIA prefilled syringe: Active ingredient: certolizumab pegol. Inactive ingredients: sodium acetate, sodium chloride, and Water for Injection. CIMZIA has no preservatives.

Product developed and manufactured for:

UCB, Inc., 1950 Lake Park Drive, Smyrna, GA 30080

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MYERS ROBERTSON.

COUNTRY'S COOL girl

Miranda Lambert's got it all going on right now: Hauling home awards, touring the country, planning her wedding to Blake Shelton. (This couple is so busy, they've never seen a movie together!) But first, she tells REDBOOK about her gutsy journey from tough childhood to mega-stardom.

The first thing I notice when I sit down with Miranda Lambert is her chipped cherry-red-polished fingernails and an engagement rock the size of Texas. On the feisty country star, the combo looks utterly right. We're hanging out in the dressing room of a photo studio in Las Vegas, where Miranda's getting dolled up to shoot REDBOOK's cover. She's wearing a robe, bouncing her feet in a pair of chestnut brown Uggs, and "like"-ing and "you know"-ing her way through stories about her childhood (she's a Texas girl, grew up on a farm), her friends in the biz (Carrie Underwood, Lady Antebellum's Hillary Scott), and her wedding next month (to country hottie and huge star in his own right Blake Shelton).

Miranda, 27, started performing on the Texas bar circuit as a teen, and in 2003 she placed third on the NBC reality talent

show *Nashville Star*. "I was kind of glad I didn't win," she laughs. "I didn't have to be thrown out to the sharks right away, you know?" From there, her career skyrocketed: Over the next seven years, her albums *Kerosene*, *Crazy Ex-Girlfriend*, and her most recent, *Revolution*, all debuted at number one on the *Billboard* Top Country Albums chart—and all went platinum. That latest album earned her three Country Music Awards and, in February, a coveted Grammy; this month she's up for seven Academy of Country Music Awards. As the ultimate cake topper (so to speak), last May she got engaged to Blake, her boyfriend of six years whose farm is down the road from hers in Oklahoma.

With her friendly-as-pie smile, fresh round face, and a dimple that sneaks into her right cheek, Miranda *really* doesn't look like the same girl who commands sold-out arenas,

By Amy Spencer Photographed by Gilles Bensimon



**A ROCKER (WHO LOOKS
LIKE A CUPCAKE)**

"In my everyday life, I'm pretty normal. But I love the moments when I can get on stage and headbang and freak out and smash my guitar and all that too."

belting out songs about cigarettes, guns, and burning down the house of her cheating lover. But the more we talk, the clearer it is that the new queen of country is a winning mix of glamour (just look at all that hair!) and true grit.

Is it right that you learned to play guitar at 17 so you could write your own songs?

Yeah, my dad bought me a guitar when I was like 10, and I didn't really want it then. But I did this demo in Nashville when I was 16 with some songs [that had been chosen for me] that were really sweet pop-y country. They didn't move me at all. When I came home, I was like, "I have more to say." So I went to Dad and said, "That guitar. How about teaching me a few chords?" I wrote my first song in two days. It felt like, *Right! This is what I was supposed to do!* I'm really fortunate because, in my career, I haven't had to deal with anybody trying to make me something I'm not.

Why do you think that is?

When I first got my record deal after *Nashville Star*, I had been playing bars in Texas for over two years, learning who I was as an artist. So when I got the deal—looking back, I was probably too confident for my own good! I went into the big board meeting, and I was like, "Look, if you're going to try to change me and make me dance around and sing songs I don't want to sing, I'd rather just go back home and play." I was 19 and trying to stand my ground. And the president of Sony said, "Make your record. We'll leave you alone." I had all my arguments ready, and I didn't even need them.

I've heard you called the Lady Gaga of Nashville. Why do you think that is?

I'm not near as brave as her [*laughs*], but I take it as a compliment. She's awesome. I guess it's the fact that I don't give a crap what people think. I just am who I am.

Have you gotten any advice from a country veteran that's stuck with you?

Reba McEntire once said something really cool to me. She said, "Always show up like a star. Always spring for that limo. If you appear like a star, people will treat you like that and you *will* be one."

Your 2010 hit "The House That Built Me"

was originally written for Blake, but the two of you decided you should perform it. How did that happen?

We were driving home from the airport, listening to a pitch CD for Blake. "The House That Built Me" just hit me so hard. My dad and mom had a successful private-investigator business, but there was a spell when jobs stopped coming in. They lost everything and had to start over. We moved to this old farmhouse, and I think that shaped me to be who I am. We fixed it up as the money came little by little, one room at a time. I remember my mom tacked pictures on the walls of what it was going to look like, every little detail. So in the car I just started bawling, and Blake's like, "Baby, if the song hits you like that, you need to record it. Do you want it?" I said, "Hell yeah, I want it!" We joke now because when it was about to go number one, he was like, "Hey, can I have that song back?"

How does it feel to have a song reflecting the toughest time of your life indirectly lead to the greatest moment of your career?

It's come full circle. That song is so special because it reminds me of the bad that happened. We were literally homeless. We had to live with my uncle. And I watched my dad come through it. He had to dig ditches a few times for four dollars an hour because we had to eat. The part that I love the most is that when we moved out to the house that built me—that's what we call the farmhouse now—Dad was like,

"IT'S AWESOME TO GET ON THE RED CARPET. BUT WHEN WE GO HOME, WE'RE HOME. WE GO FISHIN' AND HAVE A BEER."

"My family will never be hungry again." So we literally lived off our land for about two years. We had hogs and rabbits. We had a garden. Mom would be like, "Y'all go pick out what you want tonight." The first big thing I ever did [after my success] was to buy a big farm in Oklahoma, and I have a garden, all the same stuff.

In the song "More Like Her," you sing about a woman you wish you were like: the confident one who has the man. Are you that woman now?

Yeah. I'm not a girl anymore. I'm ready for the next stage of life. No babies, though!

No babies?

I have seven rescue dogs. I have a long time till I'm ready for something like that. But everytime I feel the need, I babysit my friends' kids, and I'm like, "I love 'em, but at 5 o'clock, they're waiting by the door when you get off work!" And also, getting a puppy is pretty good birth control! [*Laughs*] But now Blake and I are starting to settle into our life together. We definitely want to always keep our feet on the ground and not let business carry us away. It's so awesome to get on the red carpet together, share the success and go on tour, but when we go home, we're just home. We go fishin' and sit on the porch and have a beer. I love that. When all this glitz and glam is fading? We'll still have that. That's *my* main goal, and I think his too.

I've heard you two have gone hog hunting and gator hunting on dates. What other surprising things do you do together?

We hunt, we fish. But one surprising thing we realized the other day is we've never, ever been to the movies together. Ever.

No kidding!

No, so it's a goal of mine. We need to go to the movies, dude!

I heard your engagement party was really down-home and fun. Will your wedding have a similar vibe?

Anything we do will—it's who we are. I'm addicted to all the wedding shows: *Whose Wedding Is It Anyway?*, *My Fair Wedding*, *Say Yes to the Dress*. But sometimes I think it's all about the bride, and it's the groom's wedding too. So I want to make sure Blake's and my wedding represents both of us. It's about us and our love.

You've talked about getting in shape for the wedding. How are you doing that?

The CMAs are what actually gave me the kick in the butt I needed. I had nine nominations, and I was like, "Okay, I need

PREVIOUS SPREAD: HAIR: ROBERT VETICA FOR MOROCCANOIL AT THEMAGNETAGENCY.COM, MAKEUP: FRANCESCA TOLOT FOR CLOUTIER REMIX/DIOR BEAUTY, STYLIST: TIFFANY GIFFORD/TIFFANYGIFORD.COM, DENIM JACKET: WOODFORD AND CO. DRESS: HAUTE HIPPIE. COWBOY BOOTS WITH DIAMOND-ENCUSTED EAGLE: OLD GRINGO. HOOP EARRINGS: JENNIFER FISHER JEWELRY. PHOTOS, OPPOSITE PAGE: KRISTYN HOGAN (2).

A word from the bride and groom

Miranda talked all about fiancé Blake Shelton, so we called him up (he was getting ready to host the Academy of Country Music Awards with Reba McEntire) for his answers. It's The Almost-Newlywed Game!

Miranda and Blake at their engagement party last summer in Tennessee.

What makes you two work so well together?

MIRANDA: Blake lets me be who I am. And I love his quirky sense of humor. He'll say, "What's it like to be so straight that you never laugh?" I've loosened up a lot since we started dating. Then at times I'm

and that's cool. But I also know the Miranda who's clumsy and cries and loves puppies and the color pink. It also means that we don't put up with each other's bulls--t.

What did you learn from touring together in 2008?

MIRANDA: I learned that I'm glad we decided to keep both of our buses! Because some days I'd be like, "You're getting on my nerves.

like, "This is reality time; turn off the funny guy." So we balance each other out.

BLAKE: I know the person that Miranda's not on stage. On stage, she turns into this superhero—

Go to your bus!" [Laughs] When he's on tour with his guys, they punch each other and do whatever they do. And at some point I'll say, "I'm not your buddy! This guy world is killing me." But overall, we want to do it again. We pushed each other to be better.

BLAKE: I learned a lot watching her on stage every night. I've been doing this much longer, and it used to be, "You just listen to me." But damn, this is a girl who steps out on stage and has complete control of the audience. It's pure artistry.

Have you written songs about each other?

MIRANDA: He hasn't, but he should! I've told him to. I'm like, "Don't you think I'm awesome? Don't you want to write a song about me?" [Laughs] "Makin' Plans"

[from the album *Revolution*] is obviously inspired by him. He wrote a song inspired by my dog Delilah, so that's the closest we've come. If you can't write about me, write about my dog!

BLAKE: I probably will. It'd be about how complicated a girl can be. There's many, many layers of Miranda. She's a complicated girl, but she's easy to love.



to rope it in here." I had a trainer, and once I started looking and feeling good, I was like, "Can you possibly stay till next May?" He knows how to work with me, 'cause I'm not a boot camp-style girl. I don't deal with harshness. I don't love working out at all. And I don't like dieting.

Are you doing any of that for the wedding? Have you given up any foods you love?

Oh, yeah. My diet now is like a vegetable, a sweet potato, and chicken or fish. I don't really like vegetables. But I'll eat them.

...You say with a complete scowl on your face.

'Cause I'm a bacon-and-eggs girl! But it feels much better to fit in clothes and feel confident. I'd rather have that than a cheeseburger at the end of the day.

Are people giving you marriage advice? Some people were like, "Why y'all getting married? Why would you ruin it?" It's really kind of awful when you're so excited and people have a negative attitude. But

my parents have been married for 33 years, so I know it can happen. I'm going into it with complete confidence. Marriage is gonna be your stability through everything. It's someone who always has your back. And it makes me want to be a better woman so I can be that for Blake. Forever.

Your family started a wine business, right? Red 55 Winery?

Yeah, it's named after my truck, a red '55 Chevy that I'll keep forever. The winery's a really cool little place.

What's the most fun you've had after a few glasses of your own wine?

I remember one time I was in a club after a gig. "Kerosene" came on the stereo and everybody was dancin', and I remember just *divin'* into the crowd and dancing to

my own song. I think I had a little too much wine that night! [Laughs] My friend's like, "You just disappeared." I'm like, "I was rockin' out to myself!" Which is kind of embarrassing now, but it was the first time I saw a bunch of people in a club rockin' to my music. My friend came and just drug me out and said, "You need to go to bed. You're done. Get on the bus."

Will you sing at your own wedding?

There is no doubt that with all the musician friends we have and with us two that somebody will grab a guitar at some point in the night. Music is what we live for, so I'm sure the wedding will be full of it.

You've said you're feeling more settled now. Will your next album be softer than the earlier ones?

The next album will reflect my personality. That's what *Revolution* did. But I doubt if it'll be softer, because no matter how in love [singing the word] and happy I am, I still have that fiery side. And I always will. **®**



Go wild with accessories

It's a baby step, but an awesomely stylish one: Use a vibrant bag and shoes to rev up an otherwise neutral outfit. Your comfort zone just got so much cooler!

Top, Tibi, \$242.

Necklace, Daniel Espinosa, \$550. Purse, Kate Spade, \$395.

Pants, H&M, \$49.95.

Heels, Ann Taylor, \$198.



**Grab a
juicy
orange**

It's huge for spring, it has the perk-up power of a quadruple espresso, and it flatters *everyone*. Sweater, J.Crew, \$70. Necklaces, Ann Taylor, \$48 and \$58. Ring, Isharya, \$138. Jeans, Levi's Curve ID, \$60.

the new COLOR rules

No, your most flattering color is *not* black. Everyone (not just skinny girls) looks better in brights—just follow these guidelines.

Trust us, you'll have more fun.
Photographed by Terry Doyle



Mix it up (in one color family)

You can go colorful head-to-toe—and not look like a kook—if you pick different shades in the same palette (like this assortment of blues) and vary the fabrics (some silky, some knit, you get the idea). Gorgeous!

Tank, Marina Rinaldi, \$260.
Cardigan, United Colors of Benetton, \$109. Skirt, Magaschoni, \$264. Pumps, Charles by Charles David, \$98.



4

Pair pastels and browns

With an assist from rich taupes and tans, these pale, Easter egg–pretty colors feel way more grown-up—and are so much more wearable.

Shirt, H&M, \$49.95. Sweater, Brochu Walker, \$225. Necklace, Pono by Joan Goodman, \$125. Shorts, Raoul, \$140.

Beauty tip: Have just as much fun with your makeup: a pop of pink on the nails with a non-matchy (and equally playful) red on the lips. Shiseido Perfect Rouge lipcolor in Day Lily, \$25. OPI Nail Color in La Paz-itively Hot, \$8.



Use black strategically

Bold colors will highlight the parts of your body you love: They automatically bring attention there. What to do if you don't love *everything*? Skim over the trouble spot with something black (or navy, or charcoal), like this figure-lengthening vest.

Tank, Lafayette 148 New York, \$248. Vest, Cartise, \$185.

Necklace, Ann Taylor, \$88. Cuff, Pono by Joan Goodman, \$225.

Belt, AMI Clubwear, \$10. Skirt, Spiegel, \$74.

Beauty tip: Lipcolor this punchy ought to last all day; to keep it set, layer lipstick over liner in the same hue. Maybelline Color Sensational Lipcolor in Fifth Ave Fuchsia, \$7.49. L'Oréal Paris Colour Riche Lip Liner in All About Pink, \$8.48.



Belt it!

In case you haven't noticed, color loves company—and a belt is a supereasy way to add even more to your look. (We like this rule so much we did it at left, too!) The results are unexpected and so chic. Shirt, Redacted by Jay Godfrey, \$174. Belt, Michael Kors, \$325. Cuff, Allison Daniel Designs, \$48. Bangle, Kaur Collection, \$155. Pants, Alldressedup, \$387.

Fashion editor: Audrey Slater
See shopping guide, last pages, for details.



Undercover on

AMERICA'S CHEATING WEBSITE

We wish we could ignore ashleymadison.com, the online playing field for married people looking to cheat. But **over 8 million men and women have signed up**, heeding its slogan, "Life is short. Have an affair." Eight. Million. REDBOOK couldn't ignore that number, so we sent writer **Lisa Taddeo** online to meet up with straying husbands and get them to answer: Why?

By definition, Ashley Madison, a dating site for cheaters, is a disreputable place. Seedy, sad. Your first impulse may be to throw your arms up in rage and condemn its members, the ones trawling for an affair or the chance to talk dirty in an instant message. But don't you also have *questions*? I set out to ask married men on the site not only why they cheat, but why they do it so boldly, admitting their recklessness and confessing their betrayals on the Internet as though their morality and fidelity were items up for auction on eBay.

To get started, I create a profile with a fake name and a dark picture of myself and chart a plan. I'll respond only to men who approach me. Then I'll meet a few of them for a drink, but there will be no drunkenness. For my own safety, I won't reveal what I'm really doing. And if they try anything, I'm gone.

In my profile, I say that I'm married, because in addition to avoiding escorts, many of the men on the site don't want the complications of seeing a single woman. They want an even trade. *Your fidelity for mine.* The rest of what I say is mostly

THOMAS NORTH/CUT/GETTY IMAGES



true, and to weed out the more aggressive guys, my tone comes off as exploratory, not sexual. I write about being curious. I say I miss autonomy. I say I'm scared to live the rest of my life with unexplored desire.

Overnight I receive 164 messages.

Several of them contain below-the-waist images. One of the men has a tagline on his profile that reads, "At your cervix, madam." Within moments of signing in, instant messages flush my screen, emails and winks from muscular men and men much older than

me and young ones and proud fathers and one gray grandfather, worming out like monsters from the baseboards. *Do you want to chat? Hey beautiful. Hey sexy. Alone in my house, and naked for you.* And then, a familiar face. A man I know. He wants to meet; he doesn't know I ran into him just last week. Maybe I shouldn't be surprised: 68 percent of the site's members are men, and their average age is 44—right in his demographic. But my jaw hits the ground anyway when I realize whom I'm looking at. He's married with children. A family man. Or so I thought. ►

The more careful among them don't post pictures directly to the site, but they send a key that grants me access to a "private showcase" of images. Some wax their chests and others are darkly forested. One man takes a picture in front of his 1987 Camaro, parked outside of a diner. One man has his arm across the shoulders of a young Jon Bon Jovi. But most have taken their pictures recently and surreptitiously. In their bathrooms with their iPhones held up to the mirror, their faces partially obscured, their wives' J'adore behind them, on top of the toilet.

There are the ones who just want to meet to have sex; you can tell because their handles are direct and uncomplicated: Yours4Lust and DeepPassionMan. They list measurements and ask for yours, as though it's merely a matter of fitting one puzzle piece into another. I ignore these. Instead, I respond to the thoughtful ones, whose tales might help answer my questions.

SEX ONLY SCRATCHES THE SURFACE

In between his kid's soccer game and a pizza party, B.* sends a picture of himself on a golf course. Earlier, he sent 2,000 words on how he got into the game, the trips to California and Ireland, the way the clouds flood the greens at Galway Bay. He also included a dispatch from the previous evening's softball game, from the excitement of the opening huddle to the crushing defeat.

We are getting to know each other. It is moving quickly. The long puppyish emails, the condensation of an entire life into a few breathless paragraphs that allow him to retell the stories his wife has already heard. He lets himself be vulnerable too, sharing memories of the beloved dog he had to put down, the long drive home from the vet when he could not stop crying.

We have not spoken on the phone, but that's normal when you meet online. It doesn't matter, because he says he can imagine my voice; he says he knows exactly what it must sound like. When he is standing on the soccer field and children are moving around in a blur, he says, he slips out of the game and thinks of me, and if his BlackBerry vibrates in his pocket, he hopes that it is me.

He tells me he had a brief affair with a woman from one of his company's offices. He joined Ashley Madison because that encounter left him wanting more. Not sex, necessarily. "Everything about her consumed my thoughts, and that's when I first signed up. It was partly out of curiosity, but also largely my attempt to take my mind off her." He was attracted to my fears about losing my independence. He says they mirror his own.

You think this is a site for sex in motels, private and dirty with condom wrappers in the folds of the sheets. Ashley Madison's president, Noel Biderman, certainly does. He says that the men are there for one thing. "They're saying, 'I want a type of intimacy my partner's not giving me,'" he says. "This is about *sex*."

It's true that one of the first men I meet fits that profile perfectly.

F. tells me he can't have the kind of sex he wants to have with his wife because she's unwilling, and, on some level, he doesn't want to do those sorts of things with her. He complains that she performs oral sex as if it were a chore. He says he likes it rough, and tells me he cheated for the first time a few months ago. He was in Vegas for a bachelor party, and he took a girl from the blackjack table upstairs to his room. It was wild, he says, and then puts his hand on my leg. F. is 32, tall and slim, and has been married for two years. He's been with his wife since they were just out of college. They recently had a child. I remove his hand from my leg; I tell him he doesn't look like a father. He says he doesn't feel like one. He says he did not marry the wrong woman, that he'd want to stray no matter who he was with. That's why he doesn't feel guilty. "This is human nature," he says, and he winks. I say I have to go.

Biderman is right about types like F., but wrong that all the men on Ashley Madison want sex and sex alone. There are plenty of men like B., who says he is happily married when what he really

means is he is complacently bored. In one of his emails, he says he can't write too much, but there are 800 words, and pictures of him and his children. They are beautiful, the son eating an ice cream cone, the young girl in overalls. B. is holding her up and she is grabbing his finger, and the finger is wearing a wedding ring. His message says, "Although we haven't yet met, something has happened (at least for me). I get a smile on my face when I have an email from you."

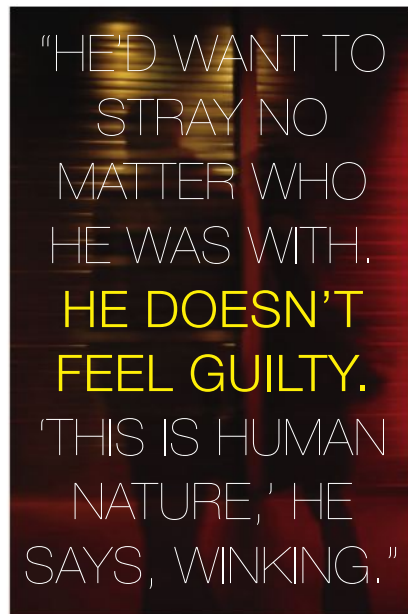
He wants something from me that is not sex, even if it is disguised as sex. Here on a site where the idea, ostensibly, is to facilitate no-strings-attached affairs, a lot of men are trying to forge real bonds. B. might be looking to fall in love.

"AM I MISSING OUT?"

H. is an engineer in his early 30s who practices birdcalling in his spare time, and sends me pictures of his younger days, when he went boating and life was dangerous and uncharted. "Why is it I get the feeling I'm missing out on something very important?" he asks in an email. "Will I ever not feel like I'm missing something?" He is intensely curious; he thinks a lot. His inner life is full. Maybe, he ventures, he's selfish. "Either way," he says, "it's driving me crazy."

What's terrible is that H. isn't even married yet. The woman he is thinking of cheating on is still only his fiancée. He says she's as close to perfect as any man could hope for, but it's clear he's conflicted. He believes that marriage is a path all men must travel at some point. If they've dated a woman for *X* number of years, marriage comes next, an obligatory stop on the endless conveyor belt. The union is doomed before it begins.

H. wants to meet me, but he's not sure he can steal time away. For now, he is content to write—to paint the picture of the moment we lock eyes across a bar. He says checking his email is his favorite time of day. He thinks of me at work, he thinks of me when he



**Some details have been changed throughout.*

is birdcalling. He thinks of me when he is having dinner with *her*.

On Ashley Madison, wives are mostly reduced to pronouns, and in that reduction they are less a human than a fact that shares their home. In the most extreme, these pronouns—to whom the men claim to be happily married—become antiheroes to the plan. “She just canceled her dinner, so now I can’t meet you on Tuesday. Dammit, dammit, dammit.”

All of the men tell me that their wives would never guess they are doing this. “There’s no reason,” says one suitor. “I’ve never been caught.” This one has had affairs before. He has gone home to his wife after renting a room and having sex there with another woman.

B., who is kind and polite and describes himself as honest despite what he’s doing at this very moment, says his wife isn’t the nosy kind. “She would never check my BlackBerry. I know a lot of women who do, but my wife really trusts me.”

Like the other men, he’s afraid of getting caught but, similarly, says he feels no guilt. As such, this relationship—the one with me—is a village in a different country, on another planet.

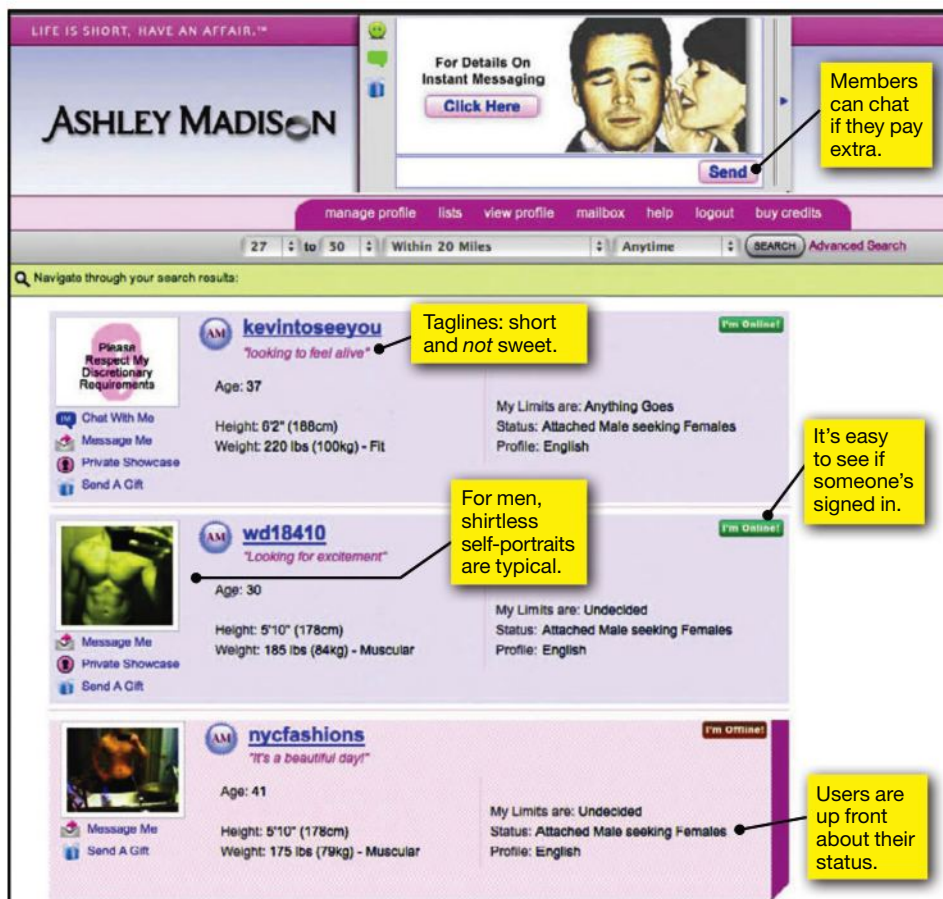
“I COULD NEVER HAVE THIS CONVERSATION WITH HER”

I meet G. at a vodka bar. He calls me by my fake name, and I call him by his. (There are different honesties in an affair. You may get to know a deep tumor of the married man’s soul, but you won’t know his real name.) He looks exactly as he does in his pictures: dark-haired and big-chinned, vaguely politician-ish. Having sworn off alcohol, he orders a water.

G. is in his mid-30s and works in finance, though he wanted to be a scientist. He lives in a big city now but grew up in a small town where he married young. He no longer believes that monogamy is tenable. I am the second woman he has met from the site.

The screen on his phone is taken up by an image of his baby daughter; he moves it aside with his thumb and forefinger to search for a book I tell him he would like. G. has trouble with eye contact, so he says to his water, “You’re beautiful.”

He has never eaten caviar, so we order a flight. His wife is not intellectual enough, he says, but he will be with her for life. He didn’t realize when he married her that a little under a decade later he would be bored. He knew he was smarter, but she was beautiful and kind, and that was enough for him then. We talk about books, and he says his wife doesn’t excite this part of his brain. “I could never have this conversation with her,” he says. “She would start talking about the baby, or moving out of the city.” She does not wear lingerie for him, like she used to. He expresses whole hollows of neglect.



This man is somewhat detached, but also eager as a boy. A scientist poking at his marriage in a petri dish, outlining the shape of his discontent. He didn’t have sex with the first woman he met from the site, so he doesn’t feel guilty.

He says that in order for his home life to move forward, he needs outlets like this: caviar and water with a strange woman on a rainy Tuesday. He never makes a move on me, but he tries to set up the same time next week. As though he were a respectful single suitor, he is taking it slow.

TALKING ABOUT GLORY DAYS

Some of the men are more practiced. T. is a professor. He is well read and a little dirty (“I like illicit encounters. I like mystery and secrets, and I like some risk from which tremendously pleasurable rewards might be won. I like making out. I like burying my face between my partner’s thighs...”), but mostly he is interested in the sound of his words on my screen.

The one thing all of these men relentlessly share is the desire to tattoo a swath of themselves onto a bare and willing canvas. I have not heard their best stories, like the time they scored the winning touchdown for their high school team. Their best selves are their past selves. They want to get lost in a Springsteen ballad, and I am the time-travel machine.

T. is also paranoid. “Perhaps you could tell me a little about your fantasies, or perhaps you could reassure me that you’re not using me as a research subject for a book,” he writes. I don’t tell him he’s right, but I don’t tell him he’s wrong, and still he wants to meet. He says he would love to get coffee next week, or “alternatively, we could simply meet at the park, and then take a room at the city’s nicest pay-by-the-hour hotel—yes, I have been there, and no, it’s not nearly as seedy as it sounds.” ➤



"LIKE THE OTHERS, HE NEVER CALLS WHAT HE'S DOING CHEATING BUT, RATHER, 'SEEKING PLEASURE OUTSIDE OF THE RELATIONSHIP.'"

It is excitement grafted onto fear that makes T. want to meet me. Like the others, he never calls what he's doing cheating but, rather, "seeking pleasure outside of the relationship." He asks what my curfew is, as if we are teenagers testing boundaries.

Based on T.'s first name and a bit of information he has given me, I can easily figure out that he's a popular professor. (On a teacher-rating site, some of his female students discuss how sexy he is, the little heart of his smile.) He also publishes his darkly sexual poetry online, and I wonder if his wife has read it, and if so, if she's at all suspicious about the sort of man her husband is.

"I MISS THIS"

There is something haunting about these men. They are here because they no longer feel a certain strain of sexual excitement coursing through their veins, and Ashley Madison, in many

ways, is a quick fix. Simply by signing up, they're back in the world of seeing a name in an inbox that makes your pulse thump. They relive the passing-notes part of early love, when futures seem flexible and bright and your life looks the way you imagined it, like you are the star of your own movie and not the production assistant on your family's documentary.

"It's amazing how much, even when you are fulfilled and happy, the spark of something like a secret kiss can illuminate just how narrow our experience is," says H., the engineer. "Have you heard the analogy that life is like a funnel? That you start off with such a wide range of possibilities, and as you tie yourself to things through the years (spouse, bills, house, kids, career), the range narrows until one day you're pretty much completely restricted at the tip of the funnel? Have you ever heard that?"

That night, G. from the vodka bar writes to me about the book recommendation. He loves it, he wants to discuss it; when

The other side of Ashley Madison

A THIRD OF THE SITE'S MEMBERS ARE WOMEN. OUR MALE REPORTER MET UP WITH

It's not easy to meet a married woman on Ashley Madison. I learn this after dropping \$20 to sign up (unlike female members, guys have to pay) and then another \$150 on "credits" that I use to send messages to women on the site.

I am honest enough: single guy, (mostly) normal, (mostly) open.

I get zero responses. Turns out, the bulk of women on the site are looking only for cybersex, wanting to fill an emotional void.

Then the message finally comes: L., 42, an attractive mother of two. She's

slightly older than many of the women on Ashley Madison—the average age of female members is 35—and is atypical in the fact that she *prefers* single men. (She tried dating some of the married men but found them too paranoid. She also likes that unattached guys have apartments to go to instead of hotel rooms.)

She tells me she has "no clue" what she's looking for, just that it's not a committed relationship and it's not a one-night stand. But she doesn't want there to be any confusion about the future.

"Nobody was ever going to be better with my kids than my husband," she tells me over coffee after work. It's her idea to meet at Starbucks. She doesn't like bars, she explains. After more than a year of cheating on her husband with several partners, she wants to judge me with a clear head.

"I could trade him in for another guy," she goes on about her husband, "but that guy wouldn't be the father of my children."

Despite this, L. has no interest in sleeping with her husband anymore. He lied to her about money until it destroyed their

THIS PAGE: BRUNO DAYAN/TRUNK ARCHIVE.
OPPOSITE PAGE: FREDERIC CIRIOU/GETTY IMAGES.

can we see each other again? He says he has developed a taste for caviar. He wants some, after the long weekend.

When I meet K., a 28-year-old newlywed, at a dark brandy bar, it takes him a few moments to ask if I'm waiting for someone. I tell him I am, and slowly he takes the seat beside me. This is the type of bar where men know their drinks and the years of their scotch, but K. only mumbles to the bartender about Dewar's. Right away, he tells me that he's nervous, but that I don't scare him. He says the scary part is that he *wants* to do this.

He says that he and his young wife like to entertain their friends on the deck of their apartment on the weekends. They like to do all the things a new couple likes to do, though K. has very quickly replaced his *we* with an *I*.

"I love to cook and go to restaurants, watch a bunch of movies, sporting events—you know, all the normal stuff that when done repeatedly would make someone sign up for a site like this."

There is a simple revelation there. Young K. has nailed it. He actually thinks an affair will help his relationship. Like G., he thinks this will be a respite. A brief cold shower to cool the need he can no longer—after only a year of marriage—ignore.

He tells me that just a few weeks ago, he and his wife threw a party. She made martinis and he grilled porterhouses. "It was a blast," he says. They did not have sex afterward because they were tired, but they still have sex a few times a week.

"I love having our friends over, but when everyone goes home, it's just us again. She's really great, she's really pretty. I just miss not knowing how my night is gonna end." Gesturing toward me and the whole of the bar, the women looking for men and the men looking at women, he says, "I miss *this*."

ON TO THE NEXT

One of the most striking things about Ashley Madison users is that they can literally be anybody. Though they are all different, they are also all the same, a composite man.

This composite man likes scotch. He drinks it on the rocks, but only if he drinks at all, because he might also drink only water. He is a lawyer and a professor and a doctor and an engineer and a caller of birds, and he went to college but he didn't have enough fun. He plays golf and he works out but he has a

belly he didn't have in college, when he was having more fun. This man has children and is married to a beautiful pronoun. She adores the kids and is an excellent partner. They have sex once a week, once a month. On his birthday she did what he wanted in bed, but he thinks she treated it like doing laundry.

I end communication with all of them by not replying to their emails. Having had no physical contact, having not even exchanged phone numbers, it's surprising that some of them assume a level of ownership over me and our "relationship." A few keep trying. They think there's a problem with the server, because they thought we had something. Some tell me they think my husband found out, and that's why I've dropped off.

Eventually they all disappear, which is why I'm surprised when several weeks later I receive an email from G., the financier who liked caviar. But then I realize it isn't intended for me.

"Hey Lindsay, really looking forward to dinner tonight."

Despite all the soul-baring emails and the "you're beautifuls," G. has moved on to another partially obscured photograph on Ashley Madison. Like most of these men, he just wants someone to listen, anyone to type back. Perhaps he'll meet her somewhere dark and lovely. Perhaps he'll tell her she is the second woman he's connected with from the site, or even the first. It doesn't much matter what he says. Nobody will ever be the only one. ❸

Outraged? Worried? After reading this story, you might want to check his browsing history or grab his phone. Normal? Sure. But don't do it, says Scott Haltzman, M.D., author of *The Secrets of Happy Families*. "Instead, use this article as a starting point to talk about your fears and ways to keep things fresh," he says. Haltzman's tip: Try something—*anything*—new together, regularly.

But don't be clueless, either, says Michele Weiner-Davis, M.S.W., author of *Divorce Busting*. "If he's changing screens when you walk in or staying up online after you go to bed, say something instead of snooping when he's gone," she says.

Share your reaction to our Ashley Madison investigation with other readers at [facebook.com/redbook](https://www.facebook.com/redbook).

ONE OF THEM. BY JUSTIN ROCKET SILVERMAN

relationship, and she gets visibly pained talking about it. But she isn't ready to clamp on a chastity belt. Enter Ashley Madison.

"I'm not looking to marry you," she says. "So I don't care if you're messy or watch sports all day. I'm not your wife."

With those words, I get a glimpse of what L.'s looking for: She wants a break. Not just from her husband but from the person she becomes when she's with him. She wants to get back at him without hurting her

kids. She wants to flirt and feel sexy.

I find myself feeling sorry for her. I suspect she wishes that her husband wasn't a jerk. I suspect she doesn't like trolling a site for guys who live in bachelor pads with bare walls.

When she tries to kiss me, I turn my cheek, give her a hug, and say bye.

A few days later I get an email from L. saying she would like to meet again. I tell her it was nice meeting her but that Ashley Madison just isn't for me.

And I never hear from her again.





Our model (with her 4-month-old baby) gained 45 pounds during her pregnancy. Her lose-the-belly routine: increased cardio, adding weightlifting to her workout, and breast-feeding.

Would you get a “mommy tuck”?

Before you answer, you should know all the facts about the pain, risks, and rewards of this booming surgical procedure—plus, the results you can get *without* going under the knife. By Hallie Levine
Photographed by Giuliano Bekor

A

tummy tuck? Are you crazy?” That’s how I would have responded five years ago if anyone had asked for my personal take on belly-flattening plastic surgery. As a longtime marathoner and triathlete, I’ve always taken pride in competing and keeping my body lean in the process. Resorting to non-natural means to fit into skinny jeans? Not me. But after giving birth to my second child in 2009 (a 10-pound baby boy), I was left with separated abdominal muscles, a common post-pregnancy problem called diastasis recti. As a result, my belly bowed out, making me look five months pregnant even after I’d lost all the weight I’d gained. “Is there anything I can do?” I asked my ob/gyn at my six-month postbaby checkup, pointing to my Buddha belly in despondence. “Nope,” he said jovially. “If it bothers you, just don’t look in the mirror.” Wow, thanks, doc.

No *way* was I going to shroud my mirrors in mourning for my previously flat stomach. Instead I took to the Internet to research my options. What I found: An enormous number of moms like me are turning to plastic surgery. The number of tummy tucks done in this country has climbed 88.7 percent since 2000, to 110,323 in 2009. Almost half (44 percent) of these procedures are done in women in their 20s and 30s, a sharp shift from a decade ago. “Ten years ago, we were doing these procedures on postmenopausal women,” says Phil Haeck, M.D., a Seattle plastic surgeon and president of the American Society of Plastic Surgeons (ASPS). “Now, the average woman having a tummy tuck in my practice is a young mom under the age of 35 with two small children. She feels that she gave up a lot with changes in her body during and post-pregnancy, and she doesn’t want to wait years to reestablish how she used to look. She wants her prebaby body back now.” ►

69%
of REDBOOK
readers said they'd
get a tummy tuck
if money
weren't an issue...

...but after learning
the details of
the surgery and
recovery process,
26%
of them changed
their minds.

The belly pooch has been a fact of motherhood for eons, so why does it suddenly feel like something we can't live with? Is surgery the only real solution? And what does it really involve? To answer these questions, I dug in and interviewed plastic surgeons, psychologists, fitness experts, and women who have been through the procedure. Here's what any woman considering a tuck—and that includes me—should know before she goes under the knife.

EXACTLY WHAT A TUMMY TUCK INVOLVES

A patient will “have more discomfort than with many other cosmetic-surgery procedures,” says Rod Rohrich, M.D., chair of the department of plastic surgery at the University of Texas Southwest Medical Center in Dallas. “With many other procedures, you're back on your feet within a day or two, but with a tummy tuck, it will be about 10 to 14 days before you can do regular activities.” There are a few variations on the procedure, depending on whether or not your stomach muscles have separated (and how severely) and the volume of extra fat and loose skin you have. During the most common procedure—the traditional tummy tuck—a horizontal cut is made between the pubic bone and the navel that can range from a few inches to the entire length of the abdomen. Next, the skin is pulled back, fat is removed, and ab muscles are repaired. The skin flap is then stretched down and taut (think pulling taffy), a new hole is made for your belly button, and excess skin is cut away. (See “What the Surgery Looks Like” at right.) Other variations include the “mini” tuck, which focuses on the pooch below the belly button and doesn't require as much skin or fat removal, and a liposuction, in which the same incisions as a traditional tummy tuck are made, but lipo is used to remove and contour fat. With all of these methods, the skin is purposely overtightened afterward, causing patients to walk bent over for the first several days until it loosens up. “My head was actually looking at the carpet—it was almost at a right angle to my legs,” recalls Sarah*, 34, a stay-at-home mom who had a tummy tuck last winter. “I had to sleep sitting up because I literally couldn't lie down.”

After surgery, a thin tube may be placed under the skin in the groin area to drain any excess blood or fluid that may collect in the abdomen for the first week. “The drains were pretty gross,” confesses



Mike, 41, whose wife had a tummy tuck five years ago. “They're filled with a mixture of blood and fluid, and guess who has to empty it each day since his wife can barely get out of bed?”

No matter which type of tuck you get, the pain will be intense. “I was definitely surprised at how painful it was, even though my doctor had warned me,” Sarah says. “I knew I had to get up and out of bed to avoid a blood clot, but it was tough. I had a breast augmentation at the same time, and I

What's behind the “mommy tuck” craze?



Psychologists say we can partly blame a celebrity-obsessed culture that's given us a distorted view of what post-pregnancy bodies should look like for the uptick in tummy tucks. “Women see stars give birth and a few weeks later appear on *People* showing off their bodies,” says Sheenah Hankin, Ph.D., a New York City psychologist. **But the celebrities themselves don't always look that way in real life.** Kourtney Kardashian, for example, said that a tabloid airbrushed her postbaby body.

PHOTOSHOPPED? Kourtney Kardashian's postbaby belly (seen at right in an unretouched image) appears to have been slimmed for *OK!* magazine.

We might also chalk up some of the surge to being a society that is used to the instant gratification we get at the click of a computer mouse. “It's conditioned us to expect *everything* to happen fast,” says Helen Coons, Ph.D., a clinical psychologist in Philadelphia. “So women are often impatient with the time it takes to return to their pre-pregnancy shape, even though it's normal.”

couldn't care for my young kids for three weeks. My husband had to do everything. Despite all of this, though, it was worth it.”

Because most women are on hefty doses of pain meds post-surgery, they aren't able to drive for a week to 10 days—although if they have a relatively sedentary job, they can go back to work after two or three weeks. While most of the swelling is gone within a month, it can take up to six months for it to disappear completely and up to a year for full sensation to return in your stomach. “At four or five weeks, I was still pretty swollen by the end of the day,” says Beth Allums, 36, a single mom and teacher in Richmond, VA. “People had told me that the first few months are swell hell, but psychologically it's shocking to see.” For Kelly Burke, 36, a stay-at-home mom from San Clemente, CA, the numbness was the strangest part. “I just started getting sensation back in my stomach a couple weeks ago,” says Kelly, who had a tummy tuck last October. “I was really itchy around my incision area, so I'd scratch, but I wouldn't be able to feel myself doing it.” ➤

That said, some women can never naturally get their shape back, no matter how many years they spend on the treadmill or doing crunches. **Excessive weight gain or pregnancy with multiples can leave behind extra skin that won't respond to diet or exercise.** And these days, more women fall into that boat: The percentage of women who gained more than 40 pounds for a singleton pregnancy rose 29 percent between 1990 and 2005, to a total of 20 percent, according to the National Center for Health Statistics. The twin birth rate has also increased by 42 percent since 1990. Kelly Burke says she started thinking about a tummy tuck the moment she learned she was having twins. "I gained 75 pounds during my pregnancy, and after I got back to my normal weight, I had so much extra skin I could literally pick it up," she says. "It reminded me of a Shar-Pei dog." Kelly got what some doctors have dubbed "the mommy makeover"—a tummy tuck plus breast implants—last October. (See the before and after, at left.)

Another possible reason for the trend? "The stigma

associated with this procedure has mostly vanished," says Angelo Cuzalina, M.D., president of the American Academy of Cosmetic Surgery. "Moms exchange plastic surgeon phone numbers like they would their ob/gyn or pediatrician." Emily McBee, 37, heard about tummy tucks from other moms at her son's Cub Scout events. "No one hid it—all the women I talked to were very open," Emily recalls. "It didn't seem tacky or stripper-esque. They were just moms like me."

Psychologists are torn about what this trend means for women. Some question why moms feel the need to re-create their pre-baby bodies at all. "Women need to be clear about what is motivating them," Coons says. "If she had a poor body image before her pregnancy or is struggling with depression or in her marriage, then the surgery is just a Band-Aid; it won't resolve her issues long-term. Also, women now tend to forget that shape changes are natural as we age." Adds Joan Chrisler, Ph.D., a professor of psychology at Connecticut College: "Research has consistently shown that

men have a much kinder and more positive view of their wives' bodies than the women do themselves. So give yourself a break!" (It's true: The men REDBOOK spoke to said they were fine with their wives' bodies before they had surgery. "Her stomach didn't bother me, but the fact that it bothered *her* did," says Mike, whose wife had a tuck five years ago.)

Still, other psychologists believe that if done for the right reasons, plastic surgery can be emotionally healthy. "If a woman is simply unhappy with how her stomach looks, the research shows it may help her have a more positive body image," says Jean Fain, M.S.W., a Harvard psychotherapist who specializes in body image. Even Coons agrees that a woman who is otherwise content, takes care of herself physically, and has the support in place—financial, social, and emotional—to help her through the recovery process may be a good candidate. "She just has to realize that no surgical result is permanent. Gravity and age will catch up with her body eventually."



TUCKED! Kate Gosselin and Patricia Heaton have admitted to tummy tucks. The key to good results: staying within 10 pounds of your ideal weight.

WHAT THE SURGERY LOOKS LIKE

The original belly button stalk is left in place.

1. CUTS are made at the bikini line, around the navel, and down the middle of the lower abdomen.

2. FLAPS of skin are pulled back so that fat can be removed and to expose abdominal muscles.

3. THE AB MUSCLES are stitched together to repair any separation between the two main strips of muscle.

A new hole is made for the belly button to pop through.

4. THE SKIN IS PULLED back down and stretched very taut. Excess skin is cut away.

The stitching is inside the rim of the belly button, so this scar is usually not visible.

5. INCISIONS ARE STITCHED closed, and tubes are placed under the skin in the groin to drain blood and fluid.



Even the baby
can't believe how fast his
mom bounced back!

COSTS AND RISKS

The average tummy tuck will run you \$5,000, though some of the women I spoke to spent upward of \$8,000. And there are unavoidable risks, like infections or necrosis—a complication in which skin does not get enough blood, so it turns black and dies. Beth Allums is one of the approximately 5 percent of tummy-tuck patients who develop a necrosis. “My doctor is keeping a close eye on it, and in a couple months I’ll have to have another surgery for him to go in and cut out the dead tissue,” she says. “It’s this small little black spot on my lower abdomen. Yeah, I don’t love looking at it, but I know it will get corrected eventually.” Other risks include cosmetic imperfections such as oddly shaped or fake-looking belly buttons or “dog flaps”—little areas of excess skin that droop over the hip bone. Revision abdominoplasty to fix things like these may need to be done for 5 percent of patients, according to one study.



Healing: Beth Allums had a complication called necrosis and will need surgery to remove a small patch of dead tissue.

The most serious risk of the surgery, however, is blood clots, which some studies show can happen in as many as 5 percent of cases. “You’re more at risk to get a blood clot with a tummy tuck than with other

types of cosmetic surgery because you spend much more time lying down recuperating, so blood can pool in your veins and pelvis,” Seattle surgeon Phil Haeck explains. Those who smoke or have a previous history of clots have an increased risk of incurring one after a tummy tuck. Amanda Blaine, 26, of Edmonton, Alberta, had a history of clots and was warned of the risks by her doctor, but decided to go ahead with a tummy tuck anyway. She had been very overweight for years and, after

3 steps to take *before* surgery

If you’re considering having a tummy tuck, use this checklist to make sure your procedure is done safely.

1. Ask yourself if you’re a good candidate for surgery.

Abdominoplasty isn’t recommended for women who may get pregnant again or who are more than 10 pounds over their ideal weight, as pregnancy or weight loss may result in more excess skin or stretch marks. Smokers shouldn’t have this surgery, due to increased risk of blood clots. If you have other risk factors, such as a history of blood clots, your doctor should weigh the pros and cons of treating you by using a risk assessment scale called the Caprini Risk Assessment Model.

2. Thoroughly research any doctors you’re considering.

They should be board-certified by the American Society of Plastic Surgeons;

go to plasticsurgery.org to check. You can also call your state medical board to see if any lawsuits have been brought against him or her.

3. Talk through all the risks and possible complications.

A surgeon should be up front with you about the risks, which include blood clots, scarring, numbness, and the death of skin or fat tissue (necrosis). If he isn’t, consider another doctor. Also ask to see before and after photos of previous patients. Your doctor should provide not only these, says surgeon Phil Haeck, M.D., but also the names of three to five patients you can speak with about their experience. Make those calls and ask about pain, recovery time, and scarring, not just happy results.



Have questions about tummy tucks?

Email your q’s or comments to plastic surgeon Drew Ordon, M.D., cohost of *The Doctors*, at askthedoctors@redbookmag.com. Then look for his answers at redbookmag.com/tummyqs.

losing 140 pounds, was left with 2.2 pounds of excess skin on her belly. “I could hold it together and squish it like a big doughnut, and I had a giant belly button that didn’t look normal or natural,” Amanda says. The surgery went smoothly, but sure enough, about three weeks after, she started having back and shoulder pain and difficulty breathing. Amanda headed to the emergency room, where a new clot was discovered. She received IV injections of blood thinners and was released the next day, but will need to stay on blood-thinning medication for at least the next six months. Still, she doesn’t regret her decision to have the surgery. “I would do it again in a heartbeat,” she says. “Just to look down and see a normal-looking belly button and a flat stomach is so worth it.” Amanda was lucky: Blood clots are deadly about 30 percent of the time.

A FINAL REALITY CHECK

Plastic surgeons stress that a tummy tuck won’t cure all of a woman’s belly woes. “I’m up front with all my patients: I tell them this surgery won’t give them back the stomach they had at age 18,” says Robert Grant, M.D., plastic surgeon-in-chief at New York-Presbyterian Hospital. “They’ll still have a scar, which usually goes from their hip bone at the top of the pubic area to the other hip bone. We can make it low enough that a woman can hide it with a pair of bikini bottoms, but it’s still there.” A tummy tuck also won’t get rid of stretch marks. Perhaps most important, women must get to within 10 pounds of their ideal weight before surgery and stick to a healthy lifestyle afterward, as weight loss or gain can worsen stretch marks and increase the amount of excess skin on your abdomen, or cause abdominal muscles to separate again. “I tell my patients it’s the 50 percent rule: We do 50 percent of the work, and the other half comes from patients keeping their weight down through diet and exercise,” Rohrich says.

As for me, well, I’m pregnant again, and at my last doctor’s

Don’t take this risk

In recent years, a growing number of women have flocked to countries such as Mexico and Brazil to get all types of plastic surgery on the cheap (it’s got a name: medical tourism). Surgeons in the United States frown on this trend in general, but they are particularly alarmed when it comes to tummy tucks performed abroad. “A woman’s risk of incurring a blood clot, which is already higher than with other cosmetic surgeries, is magnified even more by the long airplane ride home,” says plastic surgeon Robert Grant, M.D. “When you’re sedentary that long, blood pools in your leg veins and pelvis, increasing the chances of a clot that could

turn into a life-threatening pulmonary embolism.” And should you incur a complication after arriving home, your prospects of getting the best medical attention are slim, says plastic surgeon Rod Rohrich, M.D. “When a problem happens with a surgery performed in the United States, you can call that doctor’s office and get seen immediately. When a medical-tourism patient has complications, they are often treated as a pariah—no plastic surgeon wants to be on the hook for fixing another doctor’s mistakes.” Bottom line: No savings is worth the risk of potentially life-threatening complications thousands of miles from home.

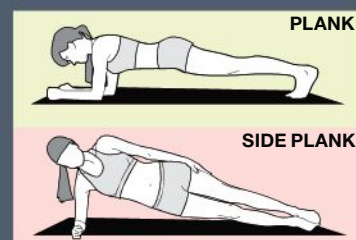
appointment, my ob/gyn informed me that not only do I have separated ab muscles but I also have a hernia, which will definitely require surgery to repair. If I have to have an operation after giving birth anyway, it’s tempting to have an abdominoplasty at the same time. My husband tells me that he loves me no matter what my belly looks like. He says he thinks I’m beautiful, but he’ll support me whatever I choose to do. And given all I’ve learned, the mommy-tuck decision is *not* one I’ll make lightly. ®

Yes, you *can* flatten your belly without surgery!

“Clients ask me all the time about tummy tucks,” says Kathy Kaehler, a trainer and food coach who has worked with famous moms like Julia Roberts and Cindy Crawford. “I ask them, ‘Is the scar and recovery worth it just to walk around in a bikini?’ I have three kids, including twins I gained 80 pounds with. But I exercise most days, with a focus on ab work, and over time I’ve gotten a toned stomach. Is it what it was before? No. Do I wear Spanx to hold it in sometimes? Yes. But I feel good about it.” (See two of Kaehler’s favorite exercises at right.)

Even women with diastasis recti—a separation of the muscles down the front of the belly—can improve the look of their stomachs with certain ab moves, says Jill Boissonnault, Ph.D., a spokesperson for the American Physical Therapy Association. “During pregnancy, the connective tissue that holds those muscles together may stretch out—that tissue can’t be repaired by working out. But research shows that exercises that focus on pulling the muscles in, like some Pilates moves, can bring the muscles closer, flattening

your stomach.” However, some common exercises, like crunches or regular sit-ups, could make diastasis worse. So if you have muscle damage, Boissonnault suggests using a fitness program specifically designed to correct it. (Take the quick diastasis test—and get safe moves to help fix it—at redbookmag.com/postbabyabs). You could also work with a physical therapist certified in women’s health concerns, she says. “It’s hard work, and some people’s muscles rebound better than others, but everyone can get a flatter-looking stomach.”



PLANK: Get into push-up position, with your forearms on the floor, as shown. Pull your belly button in and up, keeping your back straight. Hold for 1 minute, or as long as you can.

SIDE PLANK: Lie on your right side, propped up on your right arm, legs straight and feet stacked. Slowly raise your hips, as shown. Hold for 15 seconds (working up to 30); repeat on left side. Aim for 3 reps of each move at least 3 times a week.

1 DREAM



One key to this minimalist-yet-inviting space: no overhead cabinetry. "You don't need tons of cabinets if you edit what you have," says designer David Cafiero. "So cut, cut, cut! It'll open things up and make everything look better."

20 REAL

KITCHEN

WE'RE NOT SURE IF IT'S THE
SUNLIGHT OR THE BUDDHA
HEAD, BUT THIS BRIGHT
KITCHEN HAS US FEELING
SO ZEN, WE KINDA WANT
TO COOK SOMETHING!

Get this
look in your
kitchen...
for less!

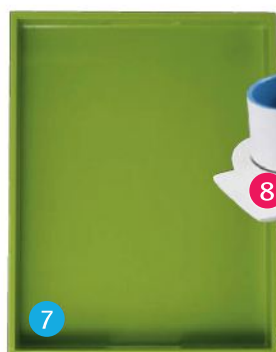
IDEAS

DREAM ROOM



Start with **crisp white walls**, then **kill the curtains** and clutter.

1 Spruce up your ceiling by lining beams with wooden veneer strips, or paint the trim for a similar outlined look. **2 Ditch the curtains** to give your indoor space an outdoor feel. **3 Use plates of sun-loving veggies** as bookends for your (hopefully not dusty) cookbooks. **4 Mix up surfaces**; a dark-wood island top gorgeously contrasts with white counters elsewhere. **5 Hide big appliances** behind pretty cabinet facades (this one conceals a dishwasher). **6 Add shine** to the center of the room with metal stools. Sandra counter stool, \$149; homedecorators.com. **7 A colorful tray** makes it easy to transport your bar to the family room. Clover lacquer small rectangle tray, \$29; westelm.com. **8 Keep these cute matching cups** out for quick access. Pick Me Up mugs with tray, \$19.95; crateandbarrel.com. **9 Make over doors and drawers** instantly by changing up knobs and handles. Gilmore 1¼-inch knob and 4-inch pull, \$10 each; restorationhardware.com. **10 Install these sleek cabinets**, or just freshen what you've got with cool, slate-blue paint. Akurum double-door base cabinet with Ramsjö doors, \$200; ikea.com. Aura semigloss Waterborne paint in Province Blue, \$61.99 per gallon; benjaminmoore.com.





7 ODORS SURRENDER TO FEBREZE FRESHNESS



it's a breath of fresh air

febreze

DREAM ROOM

Now, time for the fun part: Choose the right **playful accents** to add **pops of color** and pretty up those just-cleaned counters.

11 A **table lamp** is a homey and unexpected touch in a kitchen. De-Lite lamp base, \$39; Ribbon Trim table lamp shade, \$35; both pbteen.com. **12** Place a **bright, patterned rug** by the counter and make your morning coffee barefoot. 4x6 Reclaimed Kasbah rug, \$49; vivaterra.com. **13** Store **umbrellas, newspapers, or anything else** in an oversize basket. In summer, it's the perfect spot to stash beach towels. Large Grand Portage seagrass bin, \$49.50; landsend.com. **14** **Fresh citrus has a longer shelf life** than flowers and looks lovely in this glass jar. 16-inch-high glass jar and lid, \$20; jamaligarden.com. **15** This **no-frills kettle** is so simple, it's practically retro (and we love us a throwback). Copco Cambridge tea kettle, \$34.99; bedbathandbeyond.com. **16** **Why should the toaster get the spotlight?** A funky owl makes a way more interesting focal point. Owl umbrella combo stand & vase by Two's Company, \$132; organize.com. **17** **Dark bamboo flooring** is chic and eco-friendly, and hides dirt. Bamboo flooring, \$85.20 for 16.9 square feet; lowes.com. **18** **Switch out the faucet** and everything looks shiny-new. Orleans two-handle kitchen faucet with spray, \$206; deltafaucet.com. **19** **Take subway tiles** all the way up to the ceiling for a crisp backdrop that's also easy to clean. American Olean 3x6-inch Starting Line white ceramic tile, \$0.27 per piece; lowes.com. **20** **Don't forget the Buddha head!** Hand-carved stone Buddha head statue, \$41.95; bellacor.com.

It's stain-proof plastic—clean it with a sponge! →



BODHA: PHOTOGRAPHED BY RICHARD MAJCHRAK/STUDIO D. LAMP, OWL, KETTLE: PHOTOGRAPHED BY LARA ROBBY/STUDIO D. ALL OTHER STILLS: COURTESY OF MANUFACTURERS.

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spread a little luscious



PHILADELPHIA vanilla mousse cheesecake

Prep Time: 20 min. • Total Time: 6 hours 15 min. (incl. refrigeration) • Serves: 16

40 vanilla wafers, crushed
(about 1½ cups)
3 Tbsp. butter or margarine, melted
4 pkg. (8 oz. each) PHILADELPHIA
Cream Cheese, softened, divided
1 cup sugar, divided
1 Tbsp. plus 1 tsp. vanilla, divided
3 eggs
8 oz. whipped topping, thawed

HEAT oven to 325°F. Mix
wafer crumbs and butter;
press onto bottom of
9-inch springform pan.

BEAT 3 pkg. cream
cheese, ¾ cup sugar and
1 Tbsp. vanilla with
mixer until well blended.
Add eggs, 1 at a time,
mixing on low speed after
each just until blended.
Pour over crust.

BAKE 50 to 55 min. or
until center is almost set.
Run knife around rim of
pan to loosen cake; cool
completely in pan.

BEAT remaining cream
cheese, sugar and vanilla
with mixer in large
bowl until well blended.
Whisk in whipped
topping; spread over
cheesecake. Refrigerate
4 hours. Remove rim
of pan before serving
cheesecake. Garnish with
fresh berries if desired.

spread a little **philly**



GOOD TO EAT

EASY, HEALTHY FOOD EVERYONE WILL LOVE



A month of meatless Mondays—try it!

Do it for the planet and your body with recipes designed to **satisfy even a crew of carnivores**. Plus: ● **Speedy ham dinners** for the rest of the week. ● What's in Alicia Silverstone's fridge?

Photographed by Tina Rupp Recipes by Frank P. Melodia

3 great reasons to join the Meatless Monday campaign

- **You'll be thinner and healthier.** Just look at your skinny jeans if you need motivation to sign on to this global effort to reduce meat consumption by 15 percent. "People who eat a plant-based diet weigh an average of 15 percent less than meat eaters," says Dawn Jackson Blatner, R.D., author of *The Flexitarian Diet*. "Going meatless one day can have a ripple effect to other days." Similarly, a recent study found that replacing meat and full-fat dairy with vegetable oils, nuts, and seeds reduces the risk of heart disease by 19 percent. But even one dietary baby step will make a difference.
- **You'll bank more than \$1,000 a year.** That's how much going veggie one day a week can save a family of four.
- **You'll help the planet.** Skipping meat for a single day saves up to 890 gallons of water (that's what it takes to process a quarter pound of beef). And if the U.S. population did meatless Mondays for a year, we'd save 12 billion gallons of gas.



Spanish omelette

*Prep time: 15 minutes
Cooking time: 20 minutes*

- 2 Tbsp olive oil
- 1 Tbsp unsalted butter
- $\frac{3}{4}$ lb small red potatoes, very thinly sliced
- 1 cup diced onion
- 1 large orange bell pepper, seeded, cut into $\frac{1}{2}$ -inch strips
- 1 tsp minced garlic
- 1 tsp kosher salt
- $\frac{1}{2}$ tsp ground pepper
- 10 large eggs
- 2 Tbsp chopped flat-leaf parsley

1. Heat oven to 400°F.
2. Heat oil and butter in a large, ovenproof nonstick skillet over medium heat. Add potatoes to skillet,

← (from previous page)

Dinners

"I swear it's sausage" chili

*Prep time: 10 minutes
Cooking time: 30 minutes*

- 2 Tbsp olive oil
- $\frac{1}{2}$ of a 14-oz log of soy sausage (such as Gimme Lean)
- 1 cup diced onion
- $\frac{1}{2}$ cup diced carrot
- 1 Tbsp each chopped garlic and hot chili powder
- 1 tsp ground cumin
- $\frac{1}{2}$ tsp each dried oregano and kosher salt
- 1 cup beer
- 1 (15½-oz) can pinto beans, rinsed, drained
- 1 (14½-oz) can diced tomatoes, undrained
- 1 cup frozen corn kernels
- $\frac{1}{3}$ cup chopped cilantro
- 8 toaster corn cakes
- Light sour cream, diced avocado, shredded Monterey Jack cheese

1. Heat 1 Tbsp of the oil in a large skillet over

medium heat. Sauté soy sausage, breaking it into crumbles, until well browned, about 5 minutes; transfer to a small bowl.

2. Add remaining oil to skillet over medium heat. Add onion and carrot and sauté 6 minutes or until tender. Add garlic, chili powder, cumin, oregano, and salt; sauté 1 minute, then stir in soy sausage. Add beer, pinto beans, and tomatoes, and bring to a boil. Reduce heat to low, cover, and simmer 15 minutes. Stir in corn and simmer 5 minutes longer.

3. Remove chili from heat; stir in cilantro.

4. Toast corn cakes; transfer to plates (2 cakes per serving) and spoon chili on top. Garnish with sour cream, avocado, and cheese, if desired.

Makes 4 servings. Each serving: 545 cal, 23g fat, 17g protein, 73g carb.

spreading them out and flipping them to coat evenly with oil mixture. Cook 6 minutes, turning occasionally, until lightly golden and barely soft.

Add onion, bell pepper, garlic, $\frac{1}{2}$ tsp of the salt, and $\frac{1}{4}$ tsp of the pepper. Carefully stir into potatoes. Cover skillet; cook 3 minutes, tossing once or twice, until onions are translucent.

3. In a large bowl, whisk eggs with remaining salt and pepper and stir in parsley. Pour over potato mixture. Allow eggs to set in skillet for 1 minute, then gently combine vegetables and eggs with a spatula. Cook over moderate heat until eggs have

begun to solidify around the edges, 4 minutes.

4. Place skillet in oven; bake 6 minutes or until eggs are just set, slightly puffed, and shrinking away from sides of skillet. Using oven mitts, remove skillet to stove top.

5. Loosen edges of omelette with spatula and slide out onto a serving plate or cutting board. Serve immediately, or, for a Spanish-style tortilla, cool to room temperature, drizzle olive oil over the top and cut into wedges. Side idea: Greens drizzled with olive oil and lemon juice.

Makes 4 servings. Each serving: 351 cal, 22g fat, 19g protein, 18g carb.

TIP To boost flavor in veggie dishes, add a pinch of Chinese five-spice powder or ground cumin, or a minced fresh chile.

Spinach mac and cheese

Prep time: 10 minutes
Cooking time: 35 minutes

1 slice (1 oz) soft multi-grain sandwich bread

1 Tbsp unsalted butter
1/3 cup grated Parmesan cheese
2 cups 1% low-fat milk
2 Tbsp all-purpose flour
1 tsp minced garlic

4 oz sharp cheddar cheese, shredded
4 oz Fontina cheese, shredded
1 tsp Dijon mustard
1/4 tsp each kosher salt and cayenne pepper

8 oz penne rigate pasta
1 (6-oz) bag baby spinach leaves

1. Heat oven to 350°F. Arrange four individual

2-cup ovenproof glass bowls on a baking sheet. (You can also cook the whole recipe in a 9-inch-square baking dish.) Bring a large pot of lightly salted water to boil.

2. Meanwhile, pulse bread in a food processor until fine crumbs form. Melt butter in a 2-quart saucepan over medium heat; add breadcrumbs and cook, stirring often, for 3 minutes or until golden brown and toasted. Transfer breadcrumbs to a small bowl and stir in 2 Tbsp of the Parmesan.

3. Wipe saucepan clean; add milk, flour, and garlic and whisk until blended. Then, whisking frequently, bring to a boil over medium-high heat. Reduce heat and simmer 3 minutes or until thickened. Remove from heat and stir in remaining Parmesan, cheddar, Fontina, mustard, salt, and cayenne pepper until cheese is melted and sauce smooth. Cover; keep warm.

4. Cook pasta in boiling water, 2 minutes less than the recommended cooking time or until very al dente. Add spinach to pot and stir until wilted. Drain pasta mixture in a colander, rinse under cold water, and drain again. Transfer to a large bowl; stir in warm cheese sauce. Spoon into ovenproof dishes; sprinkle tops evenly with crumb mixture. Bake until tops are golden and sauce is bubbling, about 25 to 30 minutes. Side idea: Sliced tomatoes and red onion, and pitted Greek olives sprinkled with coarse salt and olive oil.

Makes 4 servings. Each serving: 590 cal, 26g fat, 31g protein, 60g carb.



TIP Beans, lentils, and legumes load any meatless dish with protein.



Cheesy stuffed eggplants

*Prep time: 25 minutes
Cooking time: 45 minutes*

- $\frac{1}{3}$ cup bulgur wheat
- 1 cup vegetable broth or water
- 4 small (8-oz) eggplants
- 3 Tbsp olive oil
- 1 cup diced onion
- $\frac{1}{2}$ tsp kosher salt
- 1 medium zucchini, finely diced (1 cup)
- 1 pint grape tomatoes, halved
- $\frac{2}{3}$ cup walnut pieces, roughly chopped
- $\frac{1}{2}$ tsp garlic paste
- $\frac{1}{2}$ cup chopped fresh basil
- $\frac{1}{4}$ tsp ground pepper
- $\frac{3}{4}$ cup diced fresh mozzarella

1. Bring a large pot of salted water to a boil.
2. Combine bulgur and broth in a 1-quart glass measuring cup or bowl;

microwave on high 6 to 8 minutes, until most of the broth has been absorbed. Drain bulgur in a sieve; transfer to a bowl.
3. Meanwhile, halve eggplants lengthwise. Using a paring knife, cut and scoop out flesh and seeds, leaving a $\frac{1}{2}$ -inch-thick edge inside the shells. Drop eggplant shells in boiling water; simmer 4 minutes until just tender when pierced with a fork. Drain in a colander. Chop scooped-out eggplant flesh into $\frac{1}{2}$ -inch pieces. Heat the broiler.
4. Spray rack of broiler pan with olive oil cooking spray. Pat shells dry with paper towels and arrange them cut side up on rack; spray shells with cooking spray. Broil 5 minutes, until tender and remove broiler pan to stove top.

Turn oven to 425°F.
5. Heat oil in a large skillet over medium-high heat. Sauté onions, eggplant pieces, and 1 tsp of the salt for 6 minutes or until eggplant is tender. Add zucchini, tomatoes, walnuts, and garlic paste. Sauté, tossing frequently, 4 minutes or until vegetables are just tender. Add mixture to bulgur. Stir in basil, remaining salt, and ground pepper. Cool slightly, then stir in $\frac{1}{2}$ cup of the mozzarella.
6. Spoon filling into eggplant shells. Top with remaining mozzarella. Bake 20 minutes until heated through and browned on top. Side idea: Romaine lettuce salad.

Makes 4 servings. Each serving: 406 cal, 27g fat, 12g protein, 35g carb.

Lunches

Farro and white bean salad

*Prep time: 20 minutes
Cooking time: 15 minutes*

- $\frac{1}{2}$ cups vegetable broth
- $\frac{3}{4}$ cup semi-pearled farro or quick-cooking barley
- 1 (15-oz) can white beans, rinsed, drained
- $\frac{1}{2}$ fresh fennel bulb with fronds, bulb chopped (1 cup), fronds snipped ($\frac{1}{2}$ cup)
- $\frac{1}{2}$ cup each golden raisins, diced red bell pepper, and shredded carrots
- $\frac{1}{3}$ cup chopped red onion
- $\frac{1}{2}$ tsp each kosher salt and ground pepper
- 3 Tbsp white balsamic vinegar
- $\frac{1}{2}$ Tbsp each honey and extra virgin olive oil
- $\frac{1}{2}$ cups pea shoot or alfalfa sprouts
- 3 oz fresh goat cheese, crumbled

- $\frac{1}{3}$ cup shelled, unsalted pistachio nuts, coarsely chopped

1. Bring broth and farro to a boil in a saucepan. Reduce heat to low, cover, and simmer 15 minutes or until grains are al dente (just tender) and broth has been absorbed. (If using barley, cook according to package directions.) Transfer to a large bowl.
2. Add white beans, fennel, fennel fronds, raisins, red bell pepper, carrots, onions, salt, and pepper. In a small bowl, whisk vinegar, honey, and oil until blended; add to salad and toss.
3. Gently fold in pea shoots, goat cheese, and pistachios.

Makes 4 servings. Each serving: 551 cal, 18g fat, 19g protein, 82g carb.



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TIP Soups, stews, and chili can be protein-rich and hearty without meat. Just add a tablespoon of peanut, cashew, or almond butter.



Couscous salad with feta and mint

Prep time: 20 minutes

- 1 cup tomato or plain couscous
- 3 Tbsp olive oil
- 2 tsp hot red chile sauce (like sriacha or harissa)
- 1/2 tsp each ground cumin and coriander
- 2 cloves garlic, crushed
- 1 tsp kosher salt
- 1 cup boiling water
- 1 1/2 cups mixed cherry tomatoes, halved
- 2 mini seedless cucumbers (8 oz each), sliced
- 1/2 cup lightly packed fresh mint leaves
- 3 scallions, sliced
- 1 small lemon, zested, juiced
- 1 (15-oz) can chickpeas, rinsed, drained
- 1 cup (4 oz) crumbled feta cheese
- 1 bunch watercress
- Pitted kalamata olives

1. In a bowl, combine couscous, 1 tsp of the oil, chile sauce, cumin, coriander, garlic and 1/2 tsp of the salt; whisk until couscous is evenly coated. Pour boiling water over mixture and cover with plastic wrap. Let stand 5 minutes until water is absorbed. Fluff with a fork and cool.

2. Put tomatoes and cucumbers in a large bowl. Coarsely chop mint; add to bowl, along with scallions, lemon zest, and chickpeas.

3. Add cooled couscous to tomato mixture, along with remaining oil, 2 Tbsp of lemon juice (or to taste), and remaining salt; gently toss to combine. Fold in feta cheese. Serve with watercress. Garnish with kalamata olives.

Makes 4 servings. Each serving: 434 cal, 20g fat, 15g protein, 54g carb.

Indian-spiced lentil soup

*Prep time: 10 minutes
Cooking time: 50 minutes*

- 2 Tbsp unsalted butter
- 2/3 cup each diced onion and carrot
- 1 1/4 tsp each garam masala and ground cumin
- 1/2 tsp curry powder
- 2 tsp garlic paste
- 3 cups vegetable broth
- 1/2 cup lentils, picked over, rinsed
- 1 (14.5-oz) can fire-roasted diced tomatoes, undrained
- 1/4 cup jasmine or basmati rice
- 1 (5.64-oz) can unsweetened coconut milk
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground pepper
- 1/2 lb Swiss chard, washed, stems trimmed, leaves and tender stems sliced crosswise into thin strips

Low-fat plain yogurt

1. Heat butter in a large saucepan over medium heat. Add onions and carrots; cook 4 minutes or until slightly softened. Stir in garam masala, cumin, curry powder, and garlic paste until vegetables are coated. Cook, stirring, 1 minute or until fragrant.

2. Stir in broth and lentils; bring to a boil. Reduce heat to low, cover, and simmer 20 minutes or until lentils are almost tender, stirring occasionally. Stir in tomatoes, rice, coconut milk, salt, and pepper. Cover and simmer 20 minutes more or until lentils and rice are tender.

3. Stir Swiss chard into soup; simmer 5 minutes until softened.

4. Ladle into bowls. Drizzle yogurt on top. Side idea: Warm flatbreads.

Makes 4 servings. Each serving: 342 cal, 17g fat, 12g protein, 41g carb.



*Available in select sizes. © 2011 Unilever

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WEEKDAY MEALS



Meatless muffuletta

*Prep time: 20 minutes
Chilling time: 1 hour*

- 4 crusty Portuguese or ciabatta rolls
 - 1½ Tbsp olive oil
 - 1 garlic clove
 - 1 (7-oz) jar caponata
 - 1 each (6-oz) zucchini and yellow summer squash, ends trimmed
 - ½ tsp each kosher salt and ground pepper
 - 1 large firm-ripe tomato, thinly sliced
 - 6 oz deli-sliced provolone cheese
 - 1 (12-oz) jar roasted red bell peppers, drained
 - 2 cups baby arugula leaves
- Quinoa salad (recipe follows)**

1. Using a serrated knife, halve rolls horizontally and place cut sides up. Starting ½ inch in from edges, hollow out most of the soft bread from centers of bottoms and tops to

accommodate sandwich filling. Lightly brush bread hollows with some of the oil, then rub with garlic clove. Spread caponata over rolls, mashing any large chunks.

2. Using a vegetable peeler, pare zucchini and yellow squash into paper-thin ribbons.

3. Over bottom half of rolls, layer zucchini slices, cutting to fit, then brush with some of the oil and season with some of the salt and pepper. Top with tomato slices, followed by provolone, then a layer of peppers. Layer yellow squash over peppers, then brush with oil and season with salt and pepper. Top each with arugula; replace roll tops. Wrap each sandwich tightly in plastic wrap. Refrigerate at least 1 hour (up to 24 hours) so flavors can meld. Serve with quinoa salad.

Makes 4 servings. Each serving: 453 cal, 20g fat, 19g protein, 56g carb.

Quinoa salad

*Prep time: 5 minutes
Cooking time: 15 minutes*

- ¾ cup red or white quinoa
- 1½ cup vegetable broth
- 1 tsp kosher salt
- ¾ cup shredded carrots
- ⅓ cup chopped cilantro
- 2 scallions, sliced
- 2 Tbsp fresh lime juice
- 1 Tbsp olive oil
- 1 tsp Dijon mustard
- ¼ tsp ground pepper

1. Rinse quinoa well in a fine-mesh sieve under cold running water for 2 minutes. Add to a saucepan with broth and ½ tsp of the salt; bring to a boil. Reduce heat to low, cover, and simmer 15 minutes until broth is absorbed.

2. Transfer to a large bowl; add remaining ingredients. Toss to combine.

Makes 4 servings. Each serving: 173 cal, 6g fat, 6g protein, 27g carb.



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Got some ham in the fridge? Then dinner will be yummy and fast with these new ideas.



1 cup roughly chopped ham (about 4 oz)



2/3 cup yellow cornmeal



2 cups low-fat milk



1 tsp baking powder



3 large eggs



1 cup shredded Gruyère cheese (about 4 oz)

Rustic spoonbread

1. Heat oven to 400°F. Lightly butter a 9-inch-square glass baking dish.
2. In a small bowl, stir together cornmeal and ½ cup of the milk until well combined.
3. In a medium saucepan, heat remaining 1½ cups milk over medium heat until almost boiling. Gradually stir in soaked cornmeal and cook, stirring constantly, for 2 to 3 minutes, until thick. Remove from heat; stir in baking powder and ½ tsp kosher salt.
4. In a large bowl, lightly beat eggs. While whisking constantly, add a little bit of the hot cornmeal mixture to eggs, whisking until combined. Gradually whisk in remaining cornmeal, then ham and cheese.
5. Spoon batter into prepared baking dish, level the top, and bake for about 20 minutes or until top is golden and center is soft but not dry.

Side idea: Sautéed okra and onions or a green salad.

Makes 4 servings. Each serving: 342 cal, 16g fat, 24g protein, 24g carb.



1/2 cup roughly chopped ham (about 2 oz)



1/2 cup diced taleggio or fontina cheese (about 2 oz)



4 (6-oz) boneless, skinless chicken breasts



1/4 cup all-purpose flour



2 large eggs



1 cup Italian panko breadcrumbs

Ham-and-cheese-stuffed chicken

1. Heat oven to 350°F. In a small bowl, combine ham and cheese.
2. Cut a deep pocket into the thickest side of each chicken breast. Stuff each breast with ham and cheese. Close back up with wooden toothpicks.
3. On a plate, mix flour with ¼ tsp each kosher salt and pepper. In a bowl, lightly beat eggs. Place breadcrumbs on another plate. Coat chicken in flour mixture, then eggs, then breadcrumbs, shaking off any excess.
4. In a nonstick skillet, heat 4 Tbsp canola oil over medium heat. Cook chicken, turning with tongs, until brown all over, 7 to 8 minutes.
5. Place chicken breasts on a baking sheet and bake for 15 minutes or until cooked through.

Side idea: Arugula and frisée salad with balsamic Dijon vinaigrette.

Makes 4 servings. Each serving: 514 cal, 26g fat, 46g protein, 22g carb.

—RECIPES BY BARBARA CHERNETZ



DISHES, HAM: PHOTOGRAPHED BY TINA RUPP. FOOD STYLING: ANNE DISRUDE. PROP STYLING: PAM MORRIS. CORNMEAL: JEFFREY WESTBROOK/STUDIO D. MILK, EGGS: ISTOCKPHOTO.COM. BAKING POWDER, FLOUR: GEMMA COMAS. GRUYÈRE: DORLING KINDERSLEY/GETTY IMAGES. TALEGGIO: PFISTERER/STOCKFOD. CHICKEN, BREADCRUMBS: ANDREW MCCAUL.



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REDBOOK's orange stir-fry chicken

Sauce

- 3/4 cup orange juice
- 1/4 cup honey
- 2 Tbsp low-sodium soy sauce
- 1 Tbsp cornstarch
- 1 tsp grated orange zest
- 1/2 tsp hot red pepper flakes

Chicken and veggies

- 1/3 cup all-purpose flour
- 1/4 cup whole-wheat breadcrumbs
- 2 egg whites
- 1 lb boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 Tbsp canola oil
- 2 tsp minced garlic
- 2 cups (6 oz) broccoli florets, blanched

- 1 cup (4 oz) each sugar snap peas and sliced mushrooms
- 1 red bell pepper, seeded, cut into thin strips
- 1 small bunch baby bok choy
- 1 (5-oz) can water chestnuts, drained (about 1 cup)
- 1 cup shredded carrots
- 1/4 cup toasted sliced almonds
- 1/4 cup crispy Chinese egg noodles

1. Combine sauce ingredients.
2. In a pie plate, combine flour and breadcrumbs. In a medium bowl, beat egg whites. Toss chicken pieces in egg whites, then in flour mixture to coat.
3. In a large nonstick skillet or a wok, heat 1 Tbsp of the oil over medium-high heat. Add chicken and cook 4 to 5 minutes, until browned all over; remove from skillet.
4. Add remaining 1 Tbsp oil to skillet. Add garlic and all vegetables except carrots and stir-fry about 3 minutes. Add carrots and stir-fry 30 seconds. Pour sauce into skillet and stir-fry until sauce thickens, about 2 minutes. Add chicken back to skillet and stir-fry 1 minute, until chicken and vegetables are coated with sauce. Remove from heat; sprinkle with almonds and noodles. Serve with steamed rice (3/4 cup cooked rice per serving).

Makes 4 servings. Each serving (including rice): 547 cal, 13g fat, 34g protein, 74g carb.

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13 grams of fat

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RESPECT THE FISH

Alicia Silverstone

For someone who takes healthy eating very seriously, this mom-to-be loves to chow down!



"Both of my parents are British and serve English foods like Yorkshire pudding and shepherd's pie. Now, they make a vegan pie—and they eat it, too!"



"Everyone should grow sweet peas in their garden, because you get a beautiful flower, and then suddenly there are peas!"



"I did this [PETA campaign] to show that being vegan looks good. If you eat well, you look and feel your sexiest."



Cooking for two! Alicia's first baby is due this year.

Don't label yourself. I'm a vegan, but I didn't write my book, *The Kind Diet*, to try to convert anyone. I wrote it to get people excited about what was possible for them—that they could look better, feel better, eat delicious food, and not be deprived. That was the goal.

I owe it all to my dog. I became a vegetarian when I was 21. I'd been doing all these animal-rights campaigns, but I loved steak and ate whatever I wanted. Then one day I took a really hard look at my dog and thought, *Am I willing to eat you? No way. Then why would I eat other animals?* How could I walk through the world thinking one creature was more valuable than another?

Opposites attract in the kitchen. My husband, Christopher [Jarocki, a rock musician], is a whiz when he cooks. I'm more slow and relaxed. When we cook together, he does most of the chopping and I'm in charge of the seasonings, sauces, and dressings. Sometimes he ends up cooking the whole thing—because he's so quick that it's done before I can blink. And when he cleans the kitchen, it takes him four seconds. He's like Batman. He just goes in, and it's zip-zip done.

The best food hasn't traveled far. When you eat something picked that morning—that wasn't shipped from a crazy place—the quality and flavor are so much better. We have a garden, and we've grown cabbage, corn, carrots, onions, kale, everything. It makes me skip to the kitchen, like, "Look what I picked!" —AS TOLD TO NICOLE YORIO



"Every woman needs a good knife. I have two, so my husband and I can chop at the same time."



"When Chris was touring, I had to eat fast food. I'd order a veggie burger at Denny's or a bean burrito at Taco Bell. I came back 10 pounds heavier, but it was fun."



"Laura Linney, Lea Michele, and Alanis Morissette told me they are fans of my book."

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BOK CHOY, KALE, CABBAGE, AND COLLARDS



"They're packed with tons of nutrients. I try to eat at least one type of green every day, steamed, sautéed, or blanched."

VEGENAISE



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APRIL'S SUPERFOOD: ASPARAGUS

The quintessential spring veggie contains a minuscule 40 calories per cup, plus 3 grams of fiber, 70 percent of your daily vitamin K, and a dose of potassium to help fight bloat, says Jonny Bowden, Ph.D., author of *The 150 Healthiest Foods on Earth*. Bonus: Asparagus is on the Environmental Working Group's "clean 15" list, so there's no need to buy organic. To pick a good bunch, hold it up to your ear, then gently squeeze and twist; if the stalks squeak when rubbed against each other, they're fresh. To prep, snap off the tough ends and discard those, then blanch and toss into salads, add to a stir-fry or frittata, or wrap stalks with bacon and roast until crisp. —NICOLE YORIO

SUGAR, BUSTED!

If you're going to eat a ton of sugar, you should at least be getting it in hot-fudge-sundae form, right? Well, these non-desserts hide a shocking amount of the white stuff—so watch out.



YOPLAIT 99% FAT FREE YOGURT, HARVEST PEACH, 6 OZ: 26 grams of sugar



2 chocolate-frosted doughnuts

About 12 grams of the sugar in a 6-oz serving of yogurt is natural milk sugar, or lactose. But every 4 grams on top of that equals a teaspoon of added sugar, says registered dietitian Cassie Dimmick. Check labels on flavored yogurts (Yoplait Light peach has just 14 grams); if yours has 25 grams or more, it's dessert.



QUAKER INSTANT OATMEAL STRAWBERRIES & CREAM, 1 PACKET: 12 grams of sugar



1 Brown Sugar Cinnamon Pop-Tart

Oatmeal offers loads of fiber to satisfy you, but most flavored packets are surprisingly heavy on sugar, too, says registered dietitian Danielle Schupp. Opt for plain and stir in fruit, or try reduced-sugar versions such as Quaker Lower Sugar instant flavors.



SOBE ENERGIZE GREEN TEA, 20 OZ: 61 grams of sugar



About 1 20-oz bottle of Sierra Mist or Sprite

Many enhanced waters and teas are "nothing but soda without carbonation," Schupp says. If it's antioxidants you're after, brew your own iced tea and add citrus slices and a teaspoon of honey for only 6 grams of sugar.



MOTT'S ORIGINAL APPLE SAUCE, ½ CUP: 25 grams of sugar



Nearly 1 cup of Breyers Natural Vanilla ice cream

About half the sugar in one of these cups comes from the apples; the rest is from high-fructose corn syrup, Dimmick says. Go for unsweetened kinds, such as Mott's Healthy Harvest, instead. —JESSICA GIRDWAIN



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WE JUST CAN'T STOP EATING...



HOLY CACAO CAKE BALLS

REDBOOK's entire staff went crazy for these "dense," "decadent" desserts on a stick in fun flavors like peanut butter, red velvet, and cayenne-cocoa. They have less than 200 calories each, are portion-controlled, and offer "total sweet-tooth satisfaction." (theholycacao.com, \$20 for 12)



KETTLE TIAS ALL-NATURAL TORTILLA CHIPS

The Zesty Ranch, Nacho Cheddar, and Barbecue Tias are "crispy and light" and taste "better than Doritos." They're no lower in calories than traditional flavored chips, (150 calories per 12-chip serving), but they're made from all-natural ingredients and even organic corn. (grocery stores, \$4)



KASHI BERRY BLOSSOMS CEREAL

It's sweet enough for your kids but healthy and tasty enough for you to love too. A ¾-cup serving has only 100 calories and packs 5 grams of fiber. Our testers thought it was "delish with milk for breakfast" and "perfect to munch dry as a snack." (grocery stores, \$4)

TAKE THE STRESS OUT OF DIETING

Aside from making you hungry, hungry, hungry, dieting may also turn you into a stress eater, a new study from the University of Pennsylvania in Philadelphia finds. Traditional weight-loss regimens may actually change the way your brain responds to stress, training you to reach for food as comfort. To shed pounds and maintain a healthy relationship with food, be sure never to drop below 1,200 calories a day, eat small meals and snacks throughout the day, and fill up on mood-boosting omega-3 rich foods such as salmon, walnuts, and avocado, says Jeffrey Rossman, Ph.D., author of the *The Mind Body Mood Solution*. And try to hit the gym for 30 minutes at least three days a week, for your body *and* your brain. Studies show that any form of exercise—whether it's yoga, weight training, or cardio—lowers levels of stress hormones in your body. —N.Y.

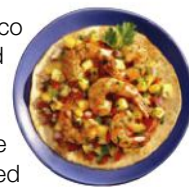


HUNGRY GIRL'S FOOD FIX

Order this on date night

Going out for a nice meal should be fun. Don't punish yourself with something lame—follow Hungry Girl Lisa Lillien's lead and *enjoy* your dinner!

MEXICAN Beware of the salad: Most taco salads are smothered in fatty toppings and served in greasy shells. Go with chicken or shrimp soft tacos for about 200 calories each; pass on the sour cream and pile on salsa. (Spicy food helps you feel satisfied and may even boost metabolism a bit!)



CHINESE Broth-based soups fill you up, so have a cup of egg drop or hot and sour soup for about 80 calories. Then share an order of steamed shrimp dumplings (about 50 calories per dumpling) and beef with broccoli. It'll be plenty of food, as most Chinese entrées are meant for two. Tip: Order *any* entrée steamed, sauce on the side, to cut fat.



ITALIAN Order an appetizer as soon as you're seated, such as minestrone soup or a side salad with vinegar and oil, so you won't be tempted to devour the entire bread basket. If you want pasta, ask for it as a side to a grilled chicken or fish dish to get the taste you love in a smaller portion. Just be sure to skip creamy alfredo options; choose a tomato-based sauce instead.



JAPANESE Heading out for sushi? Start with super-light miso soup, edamame, or seaweed salad. Then steer clear of rolls with the words *tempura*, *crunch*, *dynamite*, and *spider* in them—those are typically stuffed with fried shrimp and crab or covered in globs of mayo. Instead, share a variety of more traditional fish or veggie rolls, like salmon or yellowtail, and some sashimi.



AMERICAN Start with the ultimate guilt-free appetizer, shrimp cocktail. An order usually has less than 100 calories and hardly any fat. Next, look for a petite sirloin or filet mignon with veggies instead of spuds. (Not a steak fan? Try a non-fried app and a salad instead of an entrée.) And if they have those trendy mini-desserts, go for it.



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The easiest way to eat more veggies

No woman wants to be a food dictator in her own home, forcing everyone to finish their broccoli and green beans. So how to up your fresh produce intake? One fix far too few of us try is adding pureed fruits and veggies to foods your whole crew already loves, like mac and cheese and even brownies. Adding even just a few tablespoons “can significantly boost the fiber and nutrients and reduce the amount of sugar and fat in foods,” says registered dietitian Cynthia Sass. We tried four puree recipes from Missy Chase Lapine, author of the *Sneaky Chef* cookbook series, on our unsuspecting friends, husbands, and kids. The results: “We made chocolate-chip cookies with white bean puree—and they were awesome,” said one staffer (even though they had half as much butter). “The blueberry-and-spinach-infused taco meat was yummy—if a slightly odd color,” noted another. Whip one of these up and chill for up to three days, or freeze for up to three months. Puree away! —MARIDEL REYES



Ladies, start your blenders!

Purple puree

USE IT IN Brownies: Substitute for half the oil the recipe calls for. Taco meat: Add ½ cup per pound of beef. Burgers: Use ¼ cup per pound of meat.

- 6 cups raw baby spinach
- 1 tsp lemon juice

- 3 cups fresh or frozen blueberries, slightly thawed

Puree all ingredients with 2 Tbsp water in a food processor until smooth. If necessary, add another 1 to 2 Tbsp water for a smoother consistency.

Orange puree

USE IT IN Banana bread: Substitute for half the oil or butter the recipe calls for. Mac and cheese: Add up to ¼ cup to a box of prepared mac and cheese.

- 1 sweet potato, peeled, chopped

- 3 large carrots, peeled, sliced into chunks

In a medium pot, cover potatoes and carrots with water and boil for about 20 minutes, until very tender. Drain and place in a food processor with 2 Tbsp water. Puree on high until smooth.

Green puree

USE IT IN Guacamole: Use in place of ⅓ of the avocado. Lasagna: Substitute for ⅓ of the sauce with puree. Chili: Stir in ½ cup per batch.

- 2 cups broccoli florets, fresh or frozen
- 2 cups raw baby spinach

- 1 cup frozen sweet peas

Steam broccoli and spinach in a steamer over 2 inches of water, about 10 minutes or until very tender. Add peas for the last 2 minutes. Drain; place in a food processor with 2 Tbsp water. Puree on high until smooth.

White puree

USE IT IN Coffee cake, muffins, or chocolate-chip, oatmeal, or sugar cookies: Substitute for half the butter the recipes call for.

- 2 (15-oz) cans white beans, such as great northern, navy, or cannellini

Rinse and drain beans; place in a food processor. Puree with 2 Tbsp water until you get a smooth (not wet) puree the consistency of peanut butter. If necessary, thin with 1 tsp water.



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Tim Laman *for* National Geographic

The state of magazines is sticky, 43 minutes per issue sticky.

Media continue to proliferate. Attention spans continue to shrink. And free content is available everywhere, from the Internet to the insides of elevators.

Why then are 93% of American adults still so attached to magazines? Why do so many people, young and old, spend so much time with a medium that's paper and ink, a medium you actually have to pay for in order to read?

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Stickiness. Another demonstration of the power of magazines.



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SHOP THE ISSUE

5 TRICKS TO ERASE WRINKLES NATURALLY

PAGE 64: Origins Plantscription Anti-Aging **Serum**, \$55; origins.com. Kiehl's Rosa Arctica Youth Regenerating **Cream**, \$60; Kiehl's, kiehls.com. Yves Rocher Ovale Lifting Redensifying Night Care **treatment**, \$46; 800-321-3434, yvesrocherusa.com. Badger SPF 30 **Sunscreen**, \$16; badgerbalm.com. For more information on **Cooler Cleanse**, visit coolercleanse.com.

BEAUTY CALL

PAGE 66: Chanel Vitalumière **Foundation** Moisture-Rich Radiance Fluid **Makeup** SPF 15, \$55; chanel.com. Laura Mercier Shimmer Bloc **palette**, \$38; lauramercier.com. Dr. Hauschka **Lip Care Stick**, \$13.95; store.drhauschka.com. Laura Mercier **Lip Stain**, \$20; lauramercier.com. Sebastian **Mousse** Forte, \$15.95, and Volupt **Spray**, \$19.95; sebastianprofessional.com for salons. Pureology Colour Stylist Fortifying **Heat Spray**, \$22.99, and Colour Stylist Nourishing Nectar Sculpting **Gel**, \$27.99; beautyofnewyork.com. FACE Stockholm **lip pencil**, \$17; facestockholm.com. Pixi Succulent **Lip Twin**, \$18; pixibeauty.com. Make Up For Ever Lab Shine **Lip Gloss**, \$18; sephora.com.

PRETTY SMART

PAGE 68: Dr. Dennis Gross Skincare Alpha Beta **Glow Pads**, \$32; dgskin.com. Line N Grow **eyeliner**, \$39.95; beauty.com. Yves Rocher 3 Detoxifying Teas Express **Cleansing Wipes**, \$13; 800-321-3434, yvesrocherusa.com. Givenchy Very Irrésistible L'Intense **eau de parfum**, \$80; Macy's, Dillard's, Sephora, sephora.com. Chantecaille Sea Turtle **Palette**, \$79; Barneys New York, Bergdorf Goodman, Bloomingdale's, Neiman Marcus, Nordstrom, chantecaille.com. Miracle Skin Transformer Treat & Conceal Eye & Face **concealer**, \$36; miracleskintransformer.com. Jouer **Lip Gloss**, \$20; Henri Bendel, jouercosmetics.com. Victoria's Secret Beach Sexy Tan Enhancing Shimmer **Lotion**, \$12; Victoria's Secret, victoriasssecret.com.

CHANGE IS GOOD!

PAGE 72: Fekkai Coiff Contrôle Ironless **Straightening Balm**, \$25; fekkai.com. Ted Gibson Build It **Blow Drying Agent**, \$19.99; tedgibbonsalon.com.

PAGE 74: Remington Style 1-inch **curling iron**, \$9.99; remingtonproducts.com. Jäneke **brush**, \$59; C.O. Bigelow Chemist. Redken Structure **Wax** 17, \$17; nybeauty.com.

PAGE 78: Chanel Rouge Allure **Extrait de Gloss**, \$32; chanel.com.

Q & TRIPLE A

PAGE 81: Viviscal Extra Strength Hair Nutrient **Tablets**, \$49.99; dermstore.com. Women's Rogaine Hair Regrowth **Treatment**, \$49.95; rogairedirect.com. Oscar Blandi Pronto **Dry Shampoo Spray**, \$21; sephora.com. René Furterer Tonucia Fortifying and Densifying **Mousse**, \$26; beauty.com, fine salons and spas nationwide.

THE NEW COLOR RULES

PAGE 162: Tibi **top** (sizes 0–12), \$242; tibi.com. Daniel Espinosa "Mexican Geometry" **necklace**, \$550; daniel.espinosa.com. Kate Spade "Gold Coast Evangeline" **purse**, \$395; katespade.com. H&M **pants** (sizes 2–10), \$49.95; hm.com for store locations. Ann Taylor "Holly" gladiator **heels**, \$198; anntaylor.com.

PAGE 163: J.Crew **sweater** (sizes XS–XL), \$70; jcrew.com. Ann Taylor "Modern Sparkle" **necklace**, \$48, and "Deco Pendant" **necklace**, \$58; anntaylor.com. Isharya **ring**, \$138; isharya.com. Levi's Curve ID "Supreme Curve" **jeans** (sizes 25–32), \$60; levi.com.

PAGE 164: Marina Rinaldi **tank** (sizes 12–24), \$260; Marina Rinaldi, NYC, 212-734-4333. United Colors of Benetton **cardigan** (sizes XS–L), \$109; 800-535-4491 for locations. Magaschoni **skirt** (sizes 0–16), \$264; Magaschoni, East Hampton, NY, 631-329-8139. Charles by Charles David **pumps**, \$98; zappos.com.

PAGE 165: H&M **shirt** (sizes 2–10), \$49.95; hm.com for locations. Brochu Walker **sweater** (sizes P–L), \$225; Switch, Beverly Hills, CA, 310-860-1650. Pono by Joan Goodman "Galapagos" **Choker**, \$125; 866-366-PONO for locations. Raoul **shorts** (sizes 0–14), \$140; raoul.com. Shiseido Perfect Rouge **lipcolor**, \$25; us.shiseido.com. OPI **nail color**, \$8; opi.com for retailers.

PAGE 166: Lafayette 148 New York "Camilla" **tank** (sizes 0–18), \$248; lafayette148.com. Cartise "Tuxedo" **vest** (sizes S–XL), \$185; cartise.com. Ann Taylor **necklace**, \$88; anntaylor.com. Pono by Joan Goodman "Meteor" **cuff**, \$225; 866-366-PONO

for locations. AMI Clubwear **belt**, \$10; amiclubwear.com. Spiegel **skirt** (sizes 2-18), \$74; speigel.com.

PAGE 167: Redacted by Jay Godfrey "Pico" **shirt** (Sizes S-L), \$174; jaygodfrey.com. Michael Kors **belt**, \$325; 866-709-KORS for locations. Allison Daniel Designs **cuff**, \$48; allisondaniel.com. Kaur Collection "Aliya" **bangle**, \$155; kaurcollectiononline.com. Alldressedup "Sabrina" **pants** (sizes S-XL), \$387; tootsies.com.

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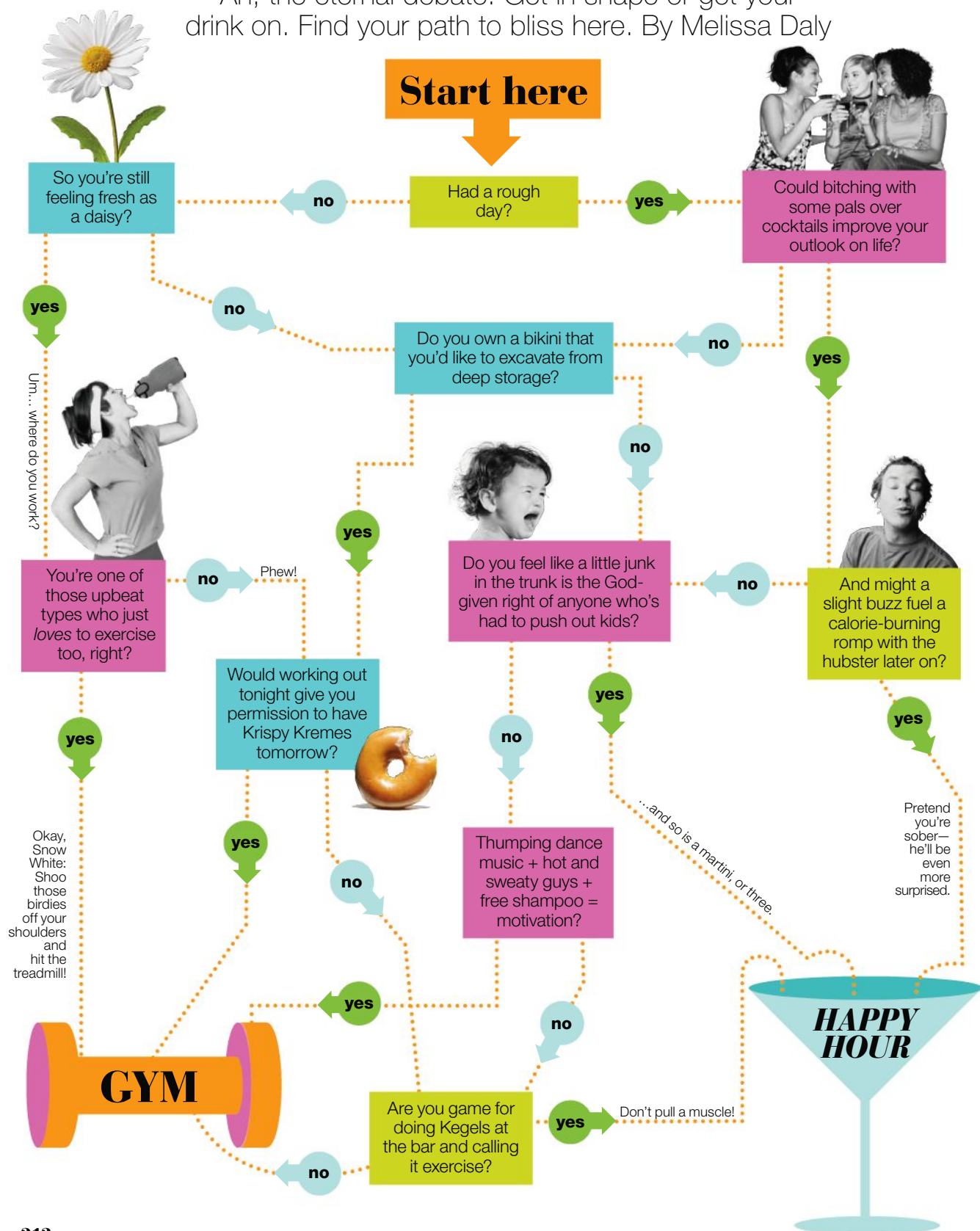
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